BEST GUIDE FOR SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

10-16 AUGUST 2024

TV & Satellite week

NEW EXCLUSIVE!

Stags

A lads' holiday turns deadly

NEW
WHO DO YOU THINK YOU ARE?
Vicky McClure's wartime mystery

NEW
BAD MONKEY
Comedy thriller in the Florida Keys

LIVE
FOOTBALL
Premier League returns!

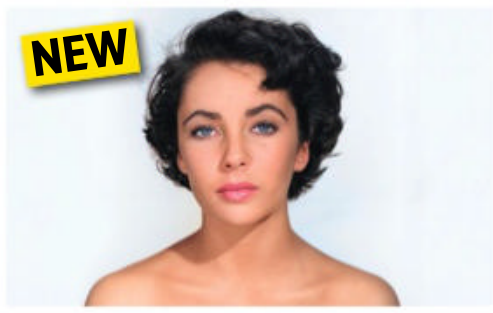
HotList This week's 28

Saturday 10

FA Community Shield

FOOTBALL *ITV1, kick-off 3pm*

This year's traditional season curtain-raiser is a repeat of May's all-Manchester FA Cup final – United (FA Cup winners) and City (the Premier League champs) face each other at Wembley Stadium.



Elizabeth Taylor: The Lost Tapes

DOCUMENTARY *Sky Documentaries, 9pm*

Recently discovered audio tapes in the archive of journalist Richard Meryman help tell the complex life story of the Oscar-winning actor (above), who died in 2011.

Changing Ends

COMEDY *ITV1, 9.45pm*

Fed up with the bullies at school, young Alan (Oliver Savell, above) decides to run away from home – just as his football-manager dad is preparing for the biggest game of his career with Northampton Town.

Sunday 11

Titanic in Colour

DOCUMENTARY *C4, 8pm*

The second part of the series telling the story of the doomed ship focuses on its final day and includes newly restored footage of the survivors rescued by the *Carpathia*.

The Body Next Door

DOCUMENTARY *Sky Documentaries & Sky Showcase, 9pm (box set, Sky Box Sets/NOW)*

This three-parter focuses on a sleepy village in Wales, where, in 2015, a body was found meticulously wrapped in more than 40 layers of heavy-duty material.

The Other Mrs Jordan

DOCUMENTARY *ITV1, 10.15pm (box set, ITVX)*

Mary Turner Thomson tells the story of how she was married to a man she thought was a CIA agent – until a shock phone call revealed he was, in fact, a bigamist.

● ***Previously shown on ITVX***

Monday 12

Animal Park

WILDLIFE *BBC1, 9.30am*

Ben Fogle and Kate Humble are back at Longleat and an exciting new species is on its way. And can Hamza Yassin uncover a lorikeet love match in the aviary? Continues all week. ***See Documentaries, page 20***

My Tiger Family

WILDLIFE *BBC2, 9pm*

Valmik Thapar has spent 50 years charting the births, lives and deaths of the tigers in Ranthambore in India and, now, he shares footage of them in this remarkable film.

Emergency

DOCUMENTARY *C4, 9pm (box set, Channel 4)*

A third series charting the work of the London Major Trauma System, a network of hospitals, air ambulances and paramedics that was set up following the 7 July bombings in 2005. Continues to Thu.

Forensics: Murder Scene

DOCUMENTARY *Channel 5, 9pm*

This six-part series follows forensics teams working alongside West Yorkshire Police, and begins with the case of a woman from Leeds who has been found brutally stabbed in her home.

Tuesday 13

Celebrity MasterChef

COOKERY *BBC1, 8pm*

The first celebs trying to impress judges John Torode and Gregg Wallace are Steps singer H, TV host Craig Doyle, reality star Charlotte Crosby and DJs Snoochie Shy and Edith Bowman. Continues Thu & Fri. ***See p12***

Freddie Flintoff: Field of Dreams On Tour

FACTUAL *BBC1, 9pm*

After transforming a cricket club in his home city of Preston, Flintoff has an ambitious plan to take his cricketers to compete in India. ***See feature, page 11***

Warship: Life in the Royal Navy

DOCUMENTARY *Channel 5, 9pm*

JJ Chalmers and Julia Bradbury discover what life is like on board the Royal Navy's newest and biggest aircraft carrier *HMS Prince of Wales*. ***See Documentaries, p21***

The Company You Keep

DRAMA *Alibi, 9pm*

Owing $15 million to the Maguire crime family, the Nicoletti con artists need to get their hands on cash – and an auction attended by some very wealthy people may provide them with the opportunity.

■ Full listings start on **p65**

Olympics BBC & Eurosport

The men's modern pentathlon (a three-day event combining fencing, swimming, showjumping, shooting and running) ends today, with British hopes resting on Joe Choong. On the track, GB's Laura Muir should be in the women's 1,500m final.

■ Full listings start on **p35**

The final day of events begins with the women's marathon. Later in the morning, Team GB's Kate French's defence of her women's modern pentathlon title reaches a conclusion, while track cyclist Jack Carlin should be competing in the men's keirin.

■ Full listings start on **p45**

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Wednesday 14

Bad Monkey

COMEDY THRILLER Apple TV+

Vince Vaughn (above) plays an ex-cop who's now working as a health inspector in the Florida Keys. But he spots a chance to get his old job back when a severed arm is fished up. *See Your Watchlist, page 14*

UEFA Super Cup

FOOTBALL TNT Sports 1, kick-off 8pm

Spanish giants Real Madrid, the winners of last season's Champions League, will face Europa League holders Atalanta of Italy this evening at the Kazimierz Górski National Stadium in Warsaw.

The Big Brunch

COOKERY U&W, 8.10pm (box set, U)

Dan Levy (*Schitt's Creek*) hosts this eight-part contest in which 10 talented chefs compete to win a $300,000 prize. Chef Sohla El-Waylly and restaurateur Will Guidara join Levy in judging their efforts.

Celebrity Race Across the World

REALITY BBC 1, 9pm

DJ Scott Mills, model Kelly Brook, *Ted Lasso* star Kola Bokinni and TV presenter Jeff Brazier are the celebs embarking upon a journey from Brazil to Chile.

■ Full listings start on **p75**

Thursday 15

Emily in Paris

COMEDY DRAMA Netflix

The opening half of the fourth run sees Emily (Lily Collins, above) still reeling after the events of Camille and Gabriel's misbegotten wedding... and there big secrets still to come. *See Your Watchlist, page 17*

Stags

DRAMA Paramount+

A group of Brits travel to South America for a stag party – but all goes wrong when they are sent to a lawless prison island. Nico Mirallegro plays the groom-to-be. *See feature, page 4*

Who Do You Think You Are?

FACTUAL BBC 1, 9pm

Vicky McClure (above) journeys to Taiwan to learn more about her great-grandad's gruelling experience of being a Japanese prisoner of war. *See feature, page 8*

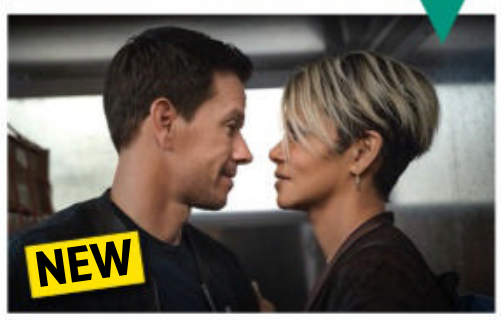
Daddy Issues

COMEDY BBC3, 9pm & 9.25pm (box set, BBC iPlayer)

David Morrissey stars as a well-meaning but useless divorced father who ends up moving in with his hard-partying – and now pregnant – daughter. *See feature, p12*

■ Full listings start on **p85**

Friday 16



The Union

ACTION COMEDY Netflix

The simple life of Mark Wahlberg's New Jersey construction worker is disrupted by the unexpected return of his high-school sweetheart (Halle Berry) – who is now a spy. *See Your Watchlist, page 16*

Arcadian

THRILLER Sky Premiere, 2.20pm & 8pm

Nicolas Cage (above) stars as the father of twin boys who are trying to survive in a post-apocalyptic world where they must shelter from monstrous photophobic creatures after nightfall. *See review, p23*

Premier League

FOOTBALL Sky Sports Main Event & Sky Sport Premier League, kick-off 8pm

The English top-flight season kicks off this evening at Old Trafford, where Erik ten Hag's new-look Manchester United welcome Fulham. *See Sport Week, page 28*

Hostage

THRILLER More4, 9pm & 10pm

This Swedish thriller centres on a plane that is hijacked remotely when a message appears saying it will be blown up if two conditions are not met. Jonas Karlsson and Liv Mjönes star.

■ Full listings start on **p95**

10 – 16 AUGUST 2024

4 Cover story
Nico Mirallegro stars as a groom-to-be on a bachelor party from hell in Paramount+ drama *Stags*

6 TV Week
Vicky McClure explores her family history in *Who Do You Think You Are?*, the Olympics draw to a close, David Morrissey in comedy *Daddy Issues*, plus Freddie Flintoff is back on TV in *Field of Dreams On Tour*

9 Soap Diary
This week's big stories

14 Your Watchlist
Including Vince Vaughn in new comedy thriller *Bad Monkey*

20 Documentaries
Animal Park, plus *Warship: Life in the Royal Navy*

22 Films
Kingdom of the Planet of the Apes

28 Sport
New Premier League season

35 TV guide
Day-by-day TV listings

105 Kids' TV, Puzzle

106 Coming Soon

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PRISON PERIL

NEW FROM Paramount+

A stag party takes a terrifying turn when a **group of Brits** end up in a South American jail

NEW DRAMA

Stags

From Thu 15 Aug, Paramount+ (first two eps from 15 Aug, then weekly)

When a group of Brits fly off for a hedonistic stag do halfway across the world, they're looking forward to a wild week of partying. But their dream trip turns into a desperate battle for survival after they are thrown into a brutal South American prison.

Paramount+'s darkly comic six-part drama *Stags* stars Nico Mirallegro as groom-to-be Stu, who gathers together a disparate group of friends, including childhood pals, university mates, work colleagues and his fiancée's family.

The gang's all here!

However, the trip takes a terrifying turn when the gang are arrested at the airport on their way home after being caught trying to smuggle drugs. Sent to a notorious prison island run by two warring siblings, they realise they must pick a side carefully if they want to stay alive.

Created by Daniel Cullen, who's previously written for series such as *Bad Sisters* and *Breeders*, it's a series that promises twists, turns and plenty of black humour.

'The show feels like such an adventure,' says *Passenger* star Mirallegro. 'It's like a box of magic tricks, and you don't know what's coming next or where it's going to go. There are so many genres in the mix. It's like a cross between *Midnight Express*, *Squid Game*, *Breaking Bad* and *The Hangover*.'

As the partygoers prepare to fly home, it's Stu's work pal Greg (*People Just Do Nothing*'s Asim Chaudhry) who lands them in trouble by trying to smuggle drugs back to Britain in his stomach.

When Greg goes into a fit as they prepare to board the plane, his crime is uncovered after he undergoes emergency surgery to remove the cocaine from his body.

LOCKED UP

After being kitted out in yellow prison clothes, the gang are taken to a brutal, Alcatraz-style island prison that's protected by minefields and where guards look the other way as inmates fight for control. As Stu tries to keep everyone alive by learning to navigate the lawless jail, he must also wrestle with his own demons.

'Stu is desperate to rectify the situation, and he feels responsible for all of them,' explains Mirallegro. 'On the surface, he's a lovely guy, but underneath, he has a feeling of sabotage towards himself. There's something simmering; he has a lot of chaos in his head.'

Two rival kingpins rule the prison. Ruthless drug dealer Selma (Paulina Gálvez) lives in luxury and arranges for a doctor to treat the ailing Greg – for a hefty price. Meanwhile, her brother Branco (Oscar Foronda) leads a separate faction and makes money from selling human organs. As the Brits' fight for survival begins, friendships are tested and lifelong loyalty is sacrificed as they question who will make it home alive.

'The stakes become very high very quickly,' explains Mirallegro, 33. 'These criminal siblings are the real power on the island, and the prison is a very dangerous place. There are no rules.'

The series was filmed around Abades, a remote town in Tenerife, and the cast, which includes *This Country*'s Charlie Cooper, bonded during the four-month shoot.

'It was so hot there,' says Mirallegro. 'The wind, the sun and the dust were everywhere, and we were in the middle of nowhere, so we were in our own little prison environment.

'When we first arrived, we all had ambitions to make it this beautiful, wholesome experience – doing walks and swimming in the sea. But after two weeks, we decided to have this mock stag do. We ended up on the Tenerife strip having a right party. It was all good character preparation, though, so we were just being professional, really!'

WHO'S WHO IN *STAGS*

Ryan
Corin Silva
Stu's mate is determined to make it a stag do to remember, but struggles when he is thrown in prison.

Kai
Jojo Macari
Kai is the brother of Stu's fiancée, and soon realises he's not cut out for prison life.

John
Cavan Clerkin
As Kai's father, John's only concern is getting himself and his son home safely.

Clem
Sophie Lenglinger
Clem knows Stu from university and her skills as a vet come in handy in the jail.

Hugo
Paul Forman
After meeting Stu at university, Hugo got a job in finance and enjoys the high life.

WORDS: SEAN MARLAND. PHOTOS: PARAMOUNT+

Ant
Charlie Cooper
Stu's childhood pal now has a young family and tries not to get involved in the wild antics.
Stu
Nico Mirallegro
The groom-to-be is desperate to return home to his fiancée and get married.
Greg
Asim Chaudhry
Greg arrives on a different flight to the rest of the group and hatches a plan to smuggle drugs home.
Paulina Gálvez and Oscar Foronda as Selma and Branco

OLYMPICS FINAL WEEKEND

Au revoir, Paris

BBC presenter **Jeanette Kwakye** predicts a thrilling finish to a memorable Olympic Games

LIVE SPORT
Olympics
Sat & Sun, times vary, BBC1, BBC2, BBC iPlayer, Eurosport 1, Eurosport 2 & Discovery+

We've witnessed a feast of sporting achievements over the past fortnight, and there's still time for more history to be made in the final weekend of competition.

We caught up with Beijing Olympic 100m finalist Jeanette Kwakye, who's part of the BBC presenting team in Paris, to get her views on the concluding track events...

What are Laura Muir's chances in the women's 1,500m? Laura took silver in Tokyo, but is getting even quicker in her early 30s. Hopefully, the final will be as good as the Diamond League meeting last month when Laura set a new British record, Jessica Hull set a new Australian record and Kenya's Faith Kipyegon smashed her own world record. Laura knows exactly what she needs to do to get through the heats and, fingers crossed, pick up a medal.

Do we have any other medal hopes on the track? Unfortunately, Jake Wightman pulled out of the 800m with a hamstring injury, but Ben Pattison has a real medal chance at his first Olympics. He should be joined in the line-up by Elliot Giles.

The track events end with the always-thrilling 4x400m relays. How will we fare? In the men's event, the USA are world champions but Team GB is looking good with the likes of Charlie Dobson, Matthew Hudson-Smith and Alex Haydock-Wilson expected to compete. They are coming out of a transition period, but the good news is that all of them are fit now.

The women's team took bronze at the World Championships. Can they make the podium again? The girls also set a new national indoor record this year, so it's a strong squad, but they'll be up against Femke Bol and the Dutch world champions. The USA were disqualified in the World Championship heats last year, which shows it's all about getting the baton round. If you hold onto your baton, you could be quids in for gold.

Presenter Jeanette Kwakye

Laura Muir and Ben Pattison

PASSING THE TORCH

After the rain-soaked Opening Ceremony along the Seine, organisers will be hoping for better weather – and less controversy – as the Closing Ceremony takes place in the Olympic Stadium at the Stade de France on Sunday, from 7pm.

The theme is 'Records' and the ceremony includes a parade of athletes and the extinguishing of the Olympic flame as Paris hands over to Los Angeles, hosts of the 2028 Games, which will feature new sport flag football and the return of cricket for the first time since 1900.

The Opening Ceremony

WORDS: NICK CANNON, RICHARD MCCLURE. PHOTOS: BBC, GETTY, SHUTTERSTOCK

SATURDAY 10 AUGUST

ATHLETICS A whopping 39 gold medals are awarded today – the most in any day of the Olympics since 2000 – including in the men's marathon, which sets off at 7am, with Kenya's Eliud Kipchoge seeking a historic third consecutive victory.

In the men's 800m final, Algeria's Djamel Sedjati is the firm favourite for winning gold. He set the third fastest time in history last month and will be aiming to break David Rudisha's 12-year-old world record. Team GB's medal prospect is 22-year-old world bronze medallist Ben Pattison, nicknamed Fireball, who ran the second fastest time by a Briton in July (behind only Lord Sebastian Coe).

The women's 1,500m promises to be another highlight, with Tokyo silver medallist Laura Muir taking on legendary world-record holder Faith Kipyegon. The Kenyan runner won the event in 2016 and 2021, and won double gold in the 1,500m and 5,000m at the 2023 World Championships.

It's also the men's high jump, women's javelin, women's 100m hurdles, men's 5,000m and the concluding 4x400m relays.

DIVING The diving signs off with the men's 10m platform, featuring GB's Noah Williams who took silver with Tom Daley in the synchronised event at the start of the Games. Yang Hao is world champion and expected to take gold.

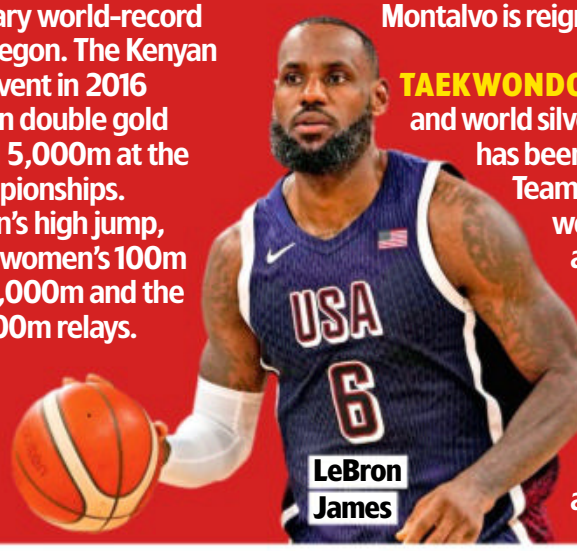
The women's 4x400m relay

Tom Daley (left) and Noah Williams

BREAKING It's the turn of the B-boys to show their spins, flips and power moves as the medals are awarded at the Place de la Concorde. USA's Victor Montalvo is reigning world champion.

TAEKWONDO Former European champion and world silver medallist Rebecca McGowan has been selected to compete for Team GB ahead of three-time world champion Bianca Cook, and will go for gold.

BASKETBALL The US men's team has not missed out on the Olympic title since 2004. Can anyone deprive LeBron James of a third gold medal?



LeBron James

SUNDAY 11 AUGUST

WEIGHTLIFTING The final day of the Games sees the last 13 gold medals awarded. Emily Campbell won our first ever women's weightlifting medal with silver in Tokyo. Can the 30-year-old from Nottingham – GB's sole weightlifter in Paris – go one better in the +81 kg category, where she expects to lift a combined weight of around 280kg in two stages, the snatch and the clean-and-jerk.

Emily Campbell

Kate French

MODERN PENTATHLON After the conclusion of the men's event on Saturday, featuring Team GB's Joe Choong, Olympic champion Kate French from Kent defends her title in the women's competition as horses feature in modern pentathlon for a final time at the Olympics. The showjumping element of the five-sport event will be replaced by an obstacle race in 2028 following animal-welfare concerns.

ATHLETICS The women's marathon, which begins at 7am, follows the same challenging route as the men's event – from central Paris to Versailles and back. The course is inspired by the women's march on Versailles in 1789 when Parisians protested the price of bread. Ethiopia's Tigst Assefa and Brits Rose Harvey, Calli Hauger-Thackery and Charlotte Purdue are in the field.

BASKETBALL The USA is the dominant force in the women's event. If the American team, featuring Breanna Stewart, wins gold today it will be the nation's eighth straight title – a record for any Olympic team sport.

Emma Finucane

CYCLING It's the final three events in the velodrome where Team GB's world champion Emma Finucane will want to have made the women's sprint final. Team GB has a good record in the men's keirin, with previous golds for Sir Chris Hoy and Sir Jason Kenny. Can Jack Carlin add his name to the roll of honour? It all comes to an end with the women's omnium where US rider Jennifer Valente is world and Olympic champion.

Turn to page 31 for our A-Z event guide »»

Call of duty

Vicky McClure learns about a prisoner of war in her family tree

NEW FACTUAL

Who Do You Think You Are?

Thursday, 9pm, BBC1

Vicky McClure's quest to unravel the truth behind two tragic family stories proves to be both harrowing and rewarding in the opening episode of the new run of BBC1's *Who Do You Think You Are?*, which is marking its 20th anniversary.

'For all the action-packed shows I do and the fact I might seem hard as nails, I couldn't be further from that,' confesses the *Line of Duty* and *Trigger Point* star. 'I don't like the unknown and this programme is an anxious thing to do because you don't know what anyone's going to tell you.'

However, the actor was keen to learn more about her maternal great-grandfather Harry Millership, who she knew had been a prisoner of war, and cameras follow her as she visits Yorkshire, where Harry once worked as a coal miner.

'On the 1921 Census, Harry was 14 and a collier's labourer. He worked in the mines for 18 years and his father Charles was a coal miner, too,' says McClure. 'It was a dangerous job but they were a tough family and real workers.'

Harry then served with the Army during World War Two and was posted to Southeast Asia in 1941. But when Singapore, then a British imperial territory, fell to the Japanese, he was captured and eventually interned in Taiwan.

As McClure travels to Taiwan, she is horrified to hear about the brutal conditions Harry endured, particularly in the copper mine where he and his fellow prisoners were forced to work and where he died from a fall, aged just 35.

HARSH REALITY

'One account said they were packed like "old boots in a cupboard" [on the boat to Taiwan]. He must have been petrified,' reveals McClure, 41. 'And it was ironic that he worked in a mine again. But at every point, they were tortured. As I stood in that mine, knowing he'd been there, I felt an overwhelming connection. I'm proud to be his great-granddaughter.'

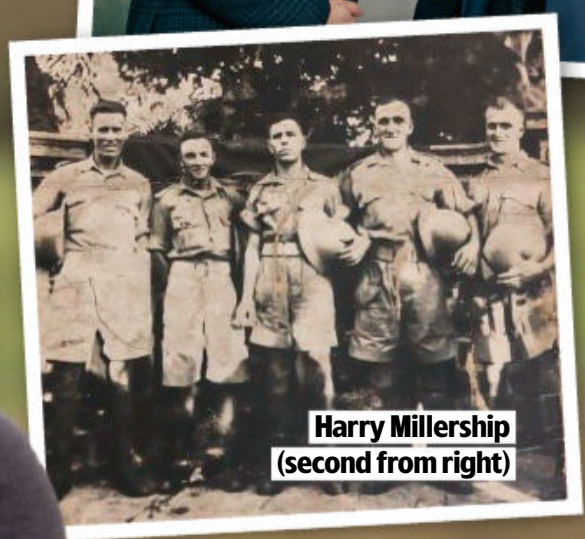
Finding out about Harry also gave McClure a different perspective on the challenges faced by her late grandmother, Iris, his daughter, who was a child when Harry died.

'She was a hard character. We didn't have the closest

McClure (second from right) with Nonna Iris, sister Jenny and her grandfather

WORDS: CAREN CLARK, JOHNATHON HUGHES. PHOTOS: BBC, ITV

McClure with Martin Compston and Adrian Dunbar in *Line of Duty*


Harry Millership (second from right)

relationship because I was probably an annoyingly happy kid,' she reflects. 'And she was unhappy, which I would be if that happened to my dad. She always had a photo of Harry's grave. It was a heavy burden.'

Meanwhile, on her paternal side, McClure was desperate to solve the mystery of why her other late grandmother, Nonna Jean, was given up as a baby by her birth family and raised by foster parents, who were cruel to her.

'I knew that Nonna Jean was taken in by awful people who treated her badly – it was horrendous,' she explains. 'But we'd never got to the bottom of why she was abandoned. I was hoping the family had a good reason not to keep her.'

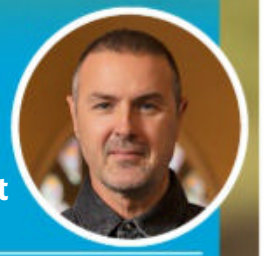
The actor discovers that her great-grandmother Ruby, known as Winnie, already had three other children when she gave birth to Jean in Grimsby in 1925, and that Ruby's husband, ship's steward Thomas Compton, was not Jean's father.

'Maybe Thomas couldn't bring up a child that wasn't his. And they also didn't have space. I think Winnie assumed she was putting her into good hands. It breaks my heart,' shares McClure, who now feels an even greater affection for her beloved Nonna Jean.

'Although she had a bad start, she was devoted to family and was all about love and was happy. She pulled her life around. And she'd be pleased we did this. That's going to leave me with peace. A lot of it I've not found easy. But it has been the most incredible, life-changing experience.'

WHO ELSE IS INVESTIGATING THEIR FAMILY TREE?

Paddy McGuinness
The presenter explores his grandfather's wartime contribution, and learns about his surname.

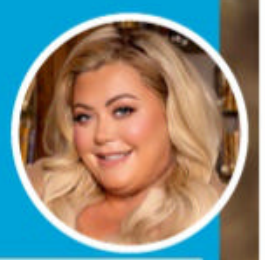


Melanie Chisholm
The Spice Girl discovers links to a political activist and survivors of Ireland's Great Famine.

Olly Murs
A trip to Latvia sees the singer unearth entertainer ancestors who performed in a circus.

Rose Ayling-Ellis
The actor and *Strictly* winner investigates a shocking family incident that occurred in a Birmingham pub.

Gemma Collins
The *TOWIE* star uncovers long-standing connections to Essex and meets a new relative.



Dame Jessica Ennis-Hill
In Jamaica, the Olympian hears about a slave forebear who became a landowner.

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance

Will Paddy jilt Mandy?

EMMERDALE

Mandy's wedding disaster!

» **Mandy and Paddy** prepare to tie the knot, but the bride-to-be is hiding a few secrets from her intended. Not only is Mandy up to her eyes in debt, but she's also started a sideline as a so-called financial dominatrix to make some extra money online!

Bear discovers what his son's future wife is up to when he overhears her in the salon during a session with a client, and he initially thinks she's having an affair. Mortified, Mandy explains that all the contact with her paying punters is online, and it's perfectly harmless – although she still doesn't want Paddy to know.

She begs Bear to stay quiet, and he reluctantly agrees. However, at the stag party, Bear must grit his teeth while Paddy goes on about what a wonderful and trustworthy person Mandy is.

Bear is furious with Mandy

Unable to listen to another word, Bear cracks and reveals Mandy's saucy side hustle to a shocked Paddy. As the big day dawns, Bear bursts in as Mandy's getting ready and announces Paddy has called the wedding off. Is it really all over for the couple?

» **PLUS** Belle returns to the village and refuses to give Tom a second chance, Vinny and Gabby's romance steps up a gear, and Amelia upsets Noah.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Dee-Dee (right) makes some disturbing discoveries about Joel, Nick tells Toyah he loves her, Amy makes a decision about Deirdre's money, Tracy returns and clashes with Cassie, and Kit moves in to the Rovers.

EASTENDERS

» Lauren is suspicious about Junior and Cindy (right), Linda is rushed to hospital, Freddie overhears Gina accusing Anna of being in love with him, and Nish uses Ayesha to cause problems in Suki and Eve's relationship.

HURRY ENDS SOON!

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Freddie Flintoff (centre) and his cricket club head to India

Back at the crease

After his serious car crash, **Freddie Flintoff** makes a welcome return to TV

NEW FACTUAL

Freddie Flintoff: Field of Dreams On Tour

Tuesday, 9pm, BBC1

The moving 2022 BBC series *Freddie Flintoff's Field of Dreams* saw ex-England all-rounder Andrew 'Freddie' Flintoff return to his home city of Preston to introduce local teenagers to the joys of cricket.

It was such a success that Flintoff decided his next project would be taking the lads on a cricket tour to India. But his plans were put on hold following a serious car crash while filming *Top Gear* in December 2022.

The follow-up series, in which the delayed tour finally goes ahead, marks the 46-year-old's first TV appearance since the accident and facial-reconstruction surgery that followed it.

TV&Satellite Week caught up with him to find out how it all went…

Following the crash, how much of a challenge was this new series? Because of the crash, the tour happened a year later than it should have. In some ways, that was almost a blessing – not the accident, but the fact that the lads were a year older. There are a few things I've struggled with and the lads helped me to get through it.

Why did you want to take the team to India? I've got great memories of India from playing international cricket, but you only see an airport, a cricket ground and a gym. With these lads, I got the opportunity to explore the country and see it all through their eyes.

How tough was it being in charge of a gang of teenagers in a foreign country? You take a group of lads away who aren't your kids and you're responsible for taking care of them, and I was nervous about that. But they were an absolute dream most of the time.

What changes have you seen in these youngsters since you started working with them? It's incredible how I've seen them grow over the past couple of years. The most pleasing thing was that, whatever environment we put them in, they gave such a good account of themselves.

What did they bring back from this experience? The realisation that, in this country, we have more opportunities than we think. They came back with more ambition and an idea of what they want to do with their lives.

You are the new men's coach of Northern Superchargers in The Hundred. Have you enjoyed getting back into cricket? After retiring from sport, I sort of fell into a TV trap, doing this, that and the other. But this series has been the perfect introduction back into coaching and cricket.

You liked…

Safe on Netflix

Michael C. Hall played British paediatric surgeon and widowed dad Tom (right) in this 2018 Netflix thriller. When his teenage daughter goes missing, Tom unearths a web of deadly secrets linked to his late wife's schooldays. The cast included Amanda Abbington and Marc Warren.

Now try this…

Where's Wanda? on Apple TV+

Apple TV+'s first German-language series is released on 2 October, and focuses on parents Carlotta and Dedo (Heike Makatsch and Axel Stein, both pictured), who are desperate to find their missing daughter Wanda. When the police come up short, their tech-savvy son helps them bug their local area. Is one of their neighbours hiding a sinister secret?

WORDS: IAN MACEWAN, RICHARD MCCLURE. PHOTOS: APPLE TV+, BBC, NETFLIX

Look Who's Back...

A familiar face appearing in a new show this week

Dan Levy

NEW The Big Brunch

Wednesday, 8.10pm, U&W (box set, U)

Canadian actor Dan Levy is best known for playing flamboyant David Rose (inset) in the hit comedy series *Schitt's Creek*, which he co-created, from 2015 to 2020. He's also appeared in *Sex Education*, as a university tutor, and movie *Good Grief*, playing a widower who makes a soul-searching journey to Paris. This year, we've seen him in the final season of *Curb Your Enthusiasm* and as Andy Warhol in Jerry Seinfeld's movie *Unfrosted* on Netflix.

2015

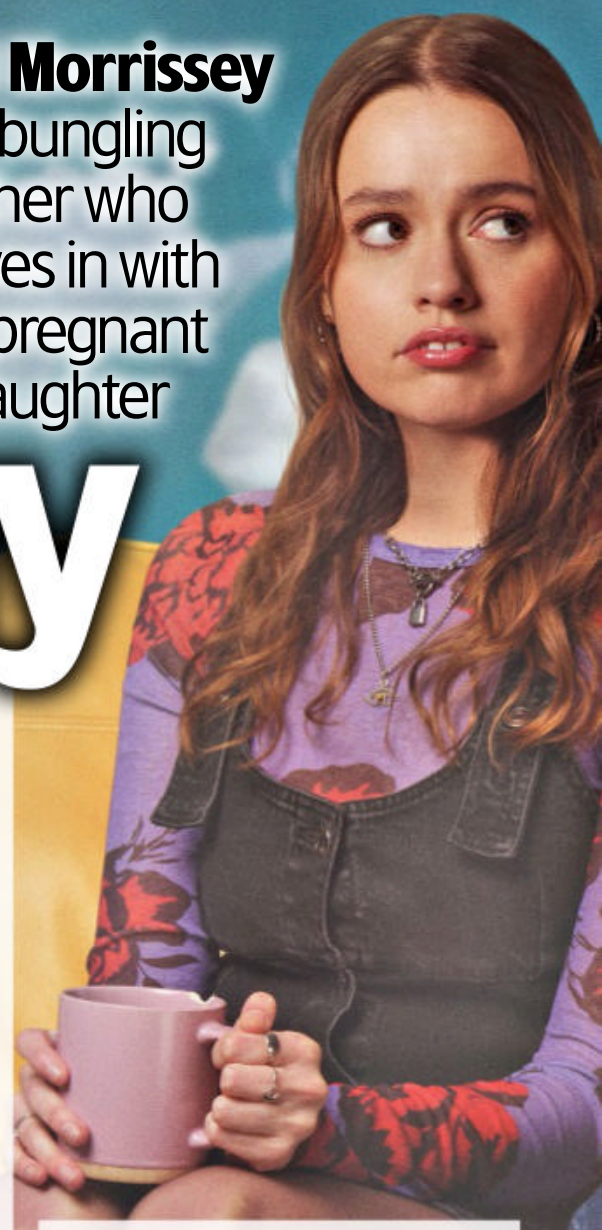
HIS NEW SHOW

This week, Levy, 40, hosts eight-part series *The Big Brunch*, which sees 10 talented chefs compete to make the best brunch and win a $300,000 prize. He will also act as a judge alongside chef Sohla El-Waylly and restaurateur Will Guidara. 'Everybody has a friend, a family member or a co-worker that is extraordinary at what they do – they just need a leg up so that their talents can be appreciated,' he explains. 'I created this show for them, the culinary heroes who deserve a spotlight.'

Dan Levy

Dad company

David Morrissey is a bungling father who moves in with his pregnant daughter



NEW COMEDY

Daddy Issues

Thursday, 9pm & 9.25pm, BBC3 (box set, BBC iPlayer)

Chaos ensues when a socially awkward dad and his pregnant daughter become flatmates in BBC3's wry sitcom *Daddy Issues*.

The six-part series sees *Sherwood* star David Morrissey as inept Malcolm, who has been living in a run-down bedsit since his divorce. But when his party-loving daughter Gemma (*Sex Education*'s Aimee Lou Wood) discovers she's having a baby after a fling with a stranger, Malcolm is the only person who can offer her support, and she reluctantly asks him to move in.

As Gemma tries to adjust to impending parenthood, will Malcolm be a help or a hindrance? Here, Morrissey, 60, reveals all...

Malcolm's ex, Davina

How do you see Malcolm?

I adore him. He's a man-child who has lost his way and doesn't have the manual to operate in the world. He's downtrodden and blames his ex-wife [Davina, played by Susan Lynch] for where he is. But I don't think he's got a mean bone in his body. He just needs someone to hold his hand.

What's it like when he moves in with Gemma? It's perfect for them, but also a car crash. She's the adult and guides him through things like dating apps. But she picks up new ways of love and affection from him. He surprises her and there's always the chance he'll do something endearing.

Do you recognise your own experiences of fatherhood in this? No, it's very different from my set-up. But I recognise things in Malcolm from growing up

Pot luck

Sports presenter **Craig Doyle** is among the stars vying to be *Celebrity MasterChef* champion

NEW COOKERY

Celebrity MasterChef

Tuesday & Thursday, 8pm, & Friday, 9pm, BBC1

John Torode and Gregg Wallace invite 20 more stars to don their aprons and get chopping this week as a new series of *Celebrity MasterChef* begins.

The first heat sees TV presenter Craig Doyle going head-to-head with broadcaster Edith Bowman, Steps singer Ian 'H' Watkins, reality star Charlotte Crosby and radio DJ Snoochie Shy. Their first challenge is Under the Cloche, in which they must come up with a dish that showcases a mystery ingredient – and it proved immediately challenging for Doyle.

'Someone got prawns, someone else got apples – I didn't even recognise whatever it was on my plate!' Doyle, 53, tells *TV&Satellite Week*. 'It turned out to be sweetbread. I embraced it and took on the challenge, but I tell you, on day one, I could have done with a flipping carrot or something...'

From left: Charlotte Crosby, Ian 'H' Watkins, Edith Bowman, Craig Doyle and Snoochie Shy

WORDS: CAREN CLARK, NATASHA HOLT, RICHARD MCCLURE, STEVEN PERKINS, ELAINE REILLY, VICTORIA WILSON. PHOTOS: BBC, C4, SKY, U&W

Roomies Gemma and Malcolm

in Liverpool. It was a chaotic, sink-or-swim environment. I tapped into that – Malcolm's got a survivor instinct inside him.

You're known for serious, dramatic roles. Have you enjoyed showing off your funny bones in *Daddy Issues*? You're always trying to look at different things. I've done comedy before like [musical comedy drama] *Blackpool* and *Inside No. 9*. But there was something different about this. Obviously it's a comedy but there's something at the heart of it that's truthful. And we were laughing our socks off on set!

It sounds like you would be up for a second series... There's definitely a lot of story left. It would certainly be interesting to see what Malcolm will be like as a grandfather!

Cooking was a part of everyday life for Doyle when he was growing up in Ireland, and he's enjoyed making meals for his friends and family ever since.

Presenters Torode (left) and Wallace

So naturally, when *Celebrity MasterChef* came calling, it was an offer he couldn't refuse.

'I couldn't believe I was on a show that I'd watched for so long – it was like I'd climbed into my TV,' he says. 'I cried a lot, it was crazy. I think it was the stress release. I didn't get to practise much, so often I was cooking a dish for the first time on camera.'

Despite the pressure of the competition, Doyle loved his experience on the show and says it has made him a more confident and organised cook.

'It was so real and genuine, and John and Gregg were so honest all the way through,' he says. 'I did Soccer Aid in 2006 and got to play on the same team as Maradona in front of 71,000 people.

'But doing *Celebrity MasterChef* was even better than that!'

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...

NEW

Kidnapped: The Chloe Ayling Story

Wednesday, 9pm & 9.30pm, BBC3 (box set, BBC iPlayer)

This six-part true-crime drama series stars Nadia Parkes (right) as glamour model Chloe Ayling, who was abducted in Italy in 2017 and held in a remote farmhouse for six days after she travelled to Milan for a photo shoot. Although her kidnapper was convicted and sent to prison, Ayling faced accusations that she faked her own kidnapping in a bid to ease her financial problems. The cast includes Adrian Edmondson and Nigel Lindsay.

NEW

Hostage

Friday, 9pm & 10pm, More4

In this six-part Swedish thriller, passengers on a flight from Stockholm to New York are in mortal danger when terrorists announce there is a bomb aboard the plane. Now working as a cab driver, troubled ex-cop Alex Recht (Jonas Karlsson) is brought back on to the force for a very personal rescue mission – his son Erik is co-pilot on the plane. Can Alex thwart the remote-control hijackers?

NEW

Celebrity Race Across the World

Wednesday, 9pm, BBC1

Four celebrities go on an adventure as the challenge series returns. Trekking 12,500km across from the Amazon to the Andes are Eurovision host Scott Mills and now-husband Sam (both pictured), model Kelly Brook and husband Jeremy, *Ted Lasso*'s Kola Bokinni and cousin Mary Ellen, plus TV presenter Jeff Brazier and son Freddy.

NEW

The Cleaning Lady

Monday, 9pm, Sky Witness

In the opening episode of the third season, cleaner-turned-crime-scene-eraser Thony (Élodie Yung) and Nadia (Eva De Dominici) flee a shoot-out, leaving Arman (Adan Canto, pictured) behind. Sadly, actor Adan passed away in January following a cancer diagnosis. 'We wanted to craft a season that honours Adan as a human being and Arman as a character,' says showrunner Miranda Kwok.

Out on a limb

A severed arm lands **Vince Vaughn**'s ex-cop in murky waters...

tv+ Bad Monkey

NEW *Available: Wed 14 Aug Genre: Comedy thriller Season: 1 Eps 10 (first two eps from Wed 14 Aug, then weekly)*

From his breakthrough role in *Swingers* to films such as *Wedding Crashers* and *Dodgeball*, Vince Vaughn has cornered the market in confident, laid-back characters with a nice line in sarcastic put-downs.

Now, he's bringing that signature swagger to his latest role as the star of *Bad Monkey*, a comedy thriller based on Carl Hiaasen's novel and also featuring *Catastrophe*'s Rob Delaney and Mission: Impossible actor Michelle Monaghan.

Vaughn plays Andrew Yancy, a suspended Florida cop who remains remarkably upbeat in the face of losing his job and car, being sued for assault by his love interest's husband and having to cope with an estate agent trying to sell a huge new property next to his peaceful beachfront home.

When his boss asks for his help after a severed arm is fished out of the sea, an incident that could adversely affect the tourist trade, nature-loving Andrew realises that if he can prove it was murder, he could win his job back.

SECOND CHANCE

But his unofficial investigation pulls him into murky waters as he encounters the dead man's troubled daughter Caitlin (Charlotte Lawrence), widow Eve (Meredith Hagner) and her new boyfriend Christopher (Delaney), as well as various Florida Keys oddballs.

Meanwhile, in the Bahamas, fisherman Neville (Ronald Peet) and his capuchin monkey, from which the book and series take their title, face the demolition of their beach shack to make way for a luxury resort. This second storyline, which sees Neville turn to the spooky Dragon Queen (Jodie Turner-Smith) for magical assistance, will eventually link to Andrew's murder mystery…

'When I read the book, I loved everything about it,' says Vaughn. 'I see Andrew as a guy with a strong sense of justice for the underdog.'

The 54-year-old adds that his character's upbeat attitude in the face of adversity added to the appeal.

'He chooses to be optimistic, and has a sense of humour about things, even if they are dire,' he explains. 'Andrew doesn't allow himself to be paralysed, hardened or saddened by his

Jodie Turner-Smith as Dragon Queen

Meredith Hagner and Rob Delaney

Ronald Peet plays Neville

experiences, but tries to overcome challenges by maintaining a comedic perspective.'

Andrew also likes nothing better than cracking open a beer and sitting down to enjoy the wildlife around his picturesque Florida home. But when he senses there is a right to be wronged or a suspicious case to be investigated, he simply can't help himself.

HIDDEN DEPTHS

'He senses foul play and feels compelled to investigate,' explains Vaughn, who has also been a regular on *Curb Your Enthusiasm* and *True Detective*. 'He almost wishes he could stop, but he can't. So that becomes the question: what is the value of pursuing something to the extent that you sacrifice everything?'

The series also allows Vaughn to combine his trademark wise-guy persona with some darker themes and fully fleshed-out relationships.

'The way Andrew phrases things is comedic but there are dramatic undertones,' he says. 'So I could be funny and entertaining, as well as committed and emotionally connected.'

What we're watching...

The shows being enjoyed by the *TVSW* team

Lady in the Lake

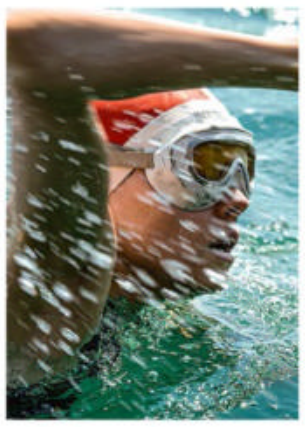
Genre: Drama Season: 1 Episodes: 7 (released weekly)

Natalie Portman stars as dissatisfied Jewish housewife Maddie Schwartz, who begins looking into two murders and becomes the investigative journalist she always wanted to be, in a beguiling drama, set against a backdrop of crime and racial tension in 1960s Baltimore. Maddie's story is entwined with that of Cleo Johnson (Moses Ingram), whose body is found in a lake. The struggling mother had been involved in Black politics and had also been a bookkeeper for a gangster.

Young Woman and the Sea

Genre: Drama
Episodes: One-off

The true story of Trudy Ederle (Star Wars actor Daisy Ridley, right), who overcame numerous obstacles to become the first woman to swim the English Channel in 1926.



Those about to Die

Genre: Drama
Season: 1 Episodes: 10

Sir Anthony Hopkins (right) plays Emperor Vespasian in an epic Roman saga from director Roland Emmerich. Centring on gladiator games and chariot races, the show's action sequences are impressive.

Now in production...

Three upcoming shows to look out for soon

House of Guinness

Netflix's drama, penned by *Peaky Blinders'* Steven Knight, will follow the fortunes of the heirs to the Guinness empire in the 19th century – siblings Arthur (Anthony Boyle, above), Edward (Louis Partridge), Anne (Emily Fairn) and Benjamin (Fionn O'Shea).

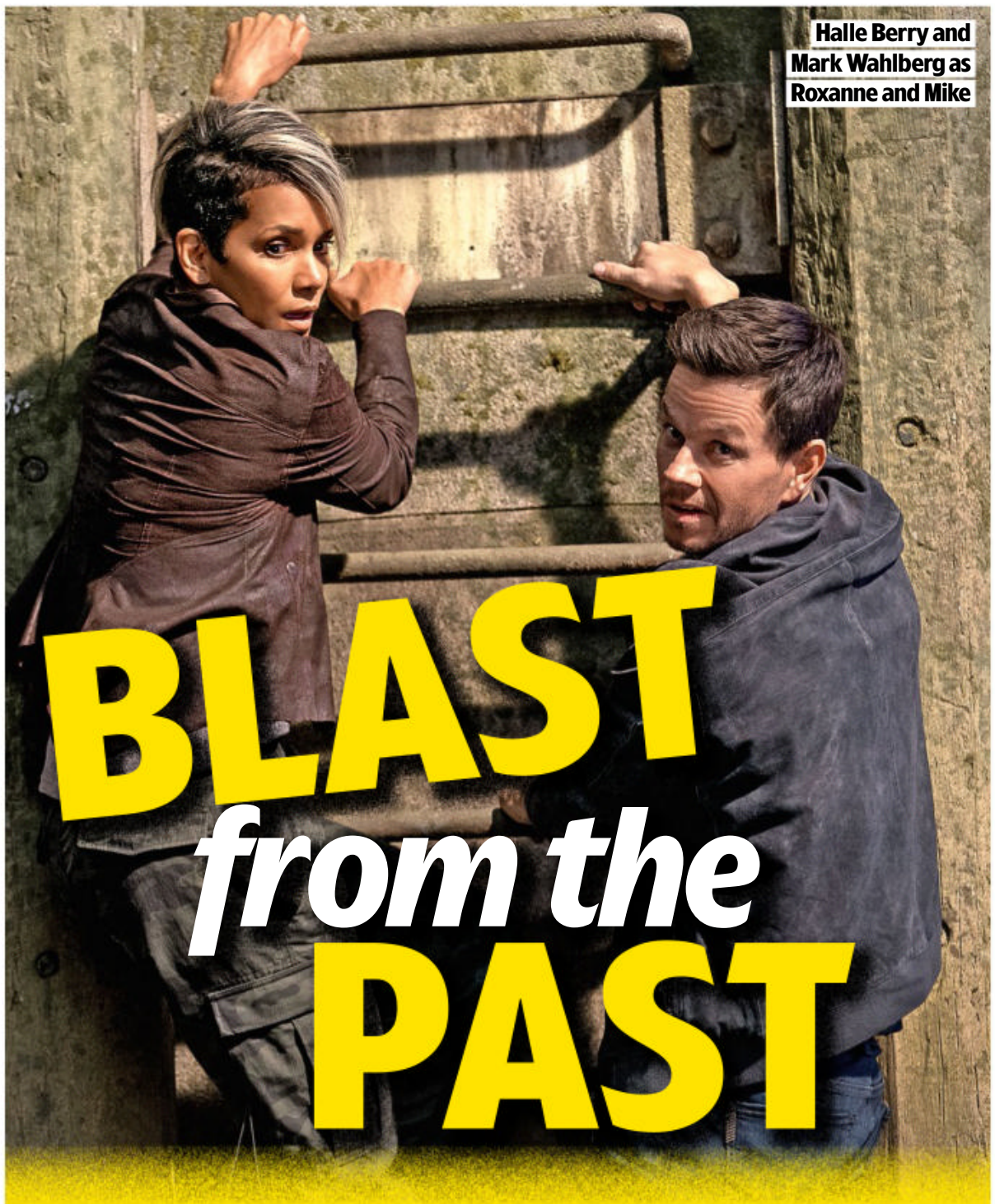
Vought Rising

A Prime Video prequel to *The Boys* will be set in the 1950s and explore a murder mystery linked to the origins of superhero organisation Vought and the early days of enigmatic Soldier Boy (Jensen Ackles, above) and sinister Stormfront (Aya Cash), AKA Clara Vought.

Loot

In a third run of Apple TV+'s comedy, the action will pick up after wealthy charitable-foundation boss Molly (Maya Rudolph, above) and her assistant Nicholas (Joel Kim Booster) headed off on a private jet following tension with Molly's potential love interest Arthur (Nat Faxon).

WORDS: CAREN CLARK, JUDY EWENS, IAN MACEWAN. PHOTOS: APPLE TV+, ©2024 DISNEY & ITS RELATED ENTITIES, GETTY, PRIME VIDEO, PEACOCK



Halle Berry and Mark Wahlberg as Roxanne and Mike

BLAST from the PAST

Halle Berry and Mark Wahlberg play old flames in an action-packed espionage caper

NETFLIX **The Union**

NEW *Available: Friday 16 August*
Genre: Action comedy

Meeting up with an ex can be awkward at the best of times. But in Netflix's new action-comedy movie *The Union*, starring Mark Wahlberg and Halle Berry, it turns out to be a dangerous and life-changing event.

Wahlberg plays Mike, a New Jersey construction worker who has never got over his high-school crush Roxanne (Berry). So when she walks into his local bar 25 years later, he can hardly believe his luck.

'They had a sort of forbidden relationship,' explains Wahlberg, whose big-screen credits include *Boogie Nights*, *Planet of the Apes* and *The Italian Job*. 'Growing up in the mid-80s in New Jersey, it was probably frowned upon, but they always had a deep connection.

'Mike basically waited 25 years for her to come back. He's still living at home with his mom, and he's got the same job and the same friends. He's the guy who never had the courage to step outside of his comfort zone.'

However, Roxanne is now a highly trained spy working for a shady government espionage agency called The Union, recruiting unlikely blue-collar workers like Mike to carry out covert operations.

'The Union does the dirty work for the CIA and FBI,' says Berry, who turns 58 on 14 August. 'When you really need the job done, you call in this group of people.'

After being lured to a remote spot for what he hopes will be a rekindling of their romance, Mike wakes up in London. To his amazement, Roxanne and her boss (*Whiplash* star J.K. Simmons) explain that he's needed on an espionage mission to protect the identities of US spies.

Mike agrees to go along with this outlandish proposition, which starts with an intense training programme for the all-action mission. But can the rookie spy save the day and win back his childhood sweetheart?

'He'd do anything to make her smile and never wants to let her out of his sight again,' says Wahlberg, 53. 'That's his entire motivation – her smile.'

Ticket to trouble

Awkwafina and John Cena have a target on their backs in a high-octane action comedy

prime video **Jackpot!**

NEW *Available: Thursday 15 August*
Genre: Action comedy

When former child actor Katie Kim moves to Los Angeles on the hunt for fame and fortune, she gets exactly what she wished for – but in a terrifying way...

Set in LA in 2030, action comedy *Jackpot!* stars *Crazy Rich Asians* star Awkwafina as Katie, who unwittingly becomes the holder of a lottery ticket worth billions of dollars. But there's a catch – anyone who kills the winner before sunset can claim the prize for themselves.

'Katie doesn't even know the lottery exists when she gets thrown into this thing, so you feel her panic,' says director Paul Feig, who also helmed *Bridesmaids*.

'My comedies are dramas that are fun. Truly high stakes make everything funnier, but you also have to invest in the characters.'

Simu Liu (left) as Louis

NUMBER'S UP?

With a target on her back, Katie reluctantly teams up with amateur protection agent Noel (played by WWE wrestler John Cena), who gets a cut of the cash if she survives.

Together, the pair must battle against dozens of potential assassins, plus rival jackpot protector Louis Lewis (Marvel actor Simu Liu), who wants the money for himself.

'I was intrigued by the portrayal of a post-apocalyptic near future,' says Awkwafina, 36. 'There's darkness and greed, a perfect mix of twists and turns, and a deranged sense of humour.

'John Cena is the perfect scene partner, especially when we were doing stunts. With his wrestling background, he's very big on safety, which made me feel very safe, too. He's a really impressive, intelligent and funny guy.'

WORDS: CAREN CLARK, IAN MACEWAN, REBECCA MAHONEY; ELAINE REILLY; PHOTOS: BBC, ITV, NETFLIX, PRIME VIDEO, SKY, AMC

Lily Collins as Emily

Chic it up!

Lily Collins teases new looks and locations as the romantic comedy drama returns

NETFLIX

Emily in Paris

NEW

Available: Thursday 15 August
Genre: Comedy drama
Season: 4 (part 1) Episodes: 5

Fabulous fashionista and social-media guru Emily Cooper finds herself newly single in the city of love when hit Netflix comedy drama *Emily in Paris* returns for a fourth season.

Created by *Sex and the City* producer Darren Star, this latest 10-episode rendezvous with American expat Emily (Lily Collins) is split into two parts, with the final five episodes due on Thursday 12 September.

C'EST LA VIE

Emily is struggling to move on from the complicated love triangle with English banker Alfie (Lucien Laviscount) and French chef Gabriel (Lucas Bravo). But even after Gabriel revealed that his ex, Camille, is pregnant, can Emily continue to deny her attraction to the restaurateur?

'Emily does have a new-found maturity in this season, and she puts her phone down, which says a lot for her. She doesn't live her life through her screen, but lives in the now instead,' says Collins, 35.

'She's maturing in her workspace, in her life in Paris, and you could say in romance as well. Emily is just living her life, taking chances and she's ready for a new chapter.'

Emily (left) and Mindy

The drama also follows Emily's boss, Sylvie (Philippine Leroy-Beaulieu), as she faces a dilemma from her past, while her best friend Mindy (Ashley Park) prepares for the Eurovision Song Contest.

We also say bonjour to new stars, including Rupert Everett as interior-design-firm owner Giorgio Barbieri.

'This season is bigger, bolder, better and brighter,' says Collins. 'I think viewers will like this season a lot.'

The show travels to new locations, too.

'This year, we go to Mont Blanc, as well as Italy,' reveals Collins. 'The costumes are different because it's autumn/winter, and there are two cute looks, including a Christmas sweater that plays songs and has every light sensor you can imagine.

'I also wear a ski outfit inspired by Audrey Hepburn in [1964 movie] *Charade*. Skiing on the mountain while looking like that was such a fun and special memory.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

ITV X

Cooking with the Stars

As ITV1's culinary competition returns, Carol Vorderman (above) is on tenterhooks over whether her salmon dish is cooked enough, while Katherine Ryan heckles her rival amateur chefs from the sidelines.

sky box sets NOW Virgin media

The Walking Dead: Daryl Dixon

Sky's spin-off sees the intrepid tracker (Norman Reedus, above) turn up in France. But after a clash with paramilitaries, he has to try to help a young boy who could be the key to saving humanity.

BBC iPLAYER

Atomic People

In BBC2's documentary, survivors of the atomic bombs that were dropped on Japan in 1945 reflect on the subsequent fallout. Hiromu Morishita (above), who was then 14, recalls the blast in Hiroshima and witnessing a friend's awful burns.

BBC iPLAYER

Miriam Margolyes: A New Australian Adventure

The actor returns to her adopted home for BBC2's travelogue. In Perth, she is moved to meet members of the 'stolen generation' of indigenous Australians.

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TVSAT06/08/24

Pick of the new releases

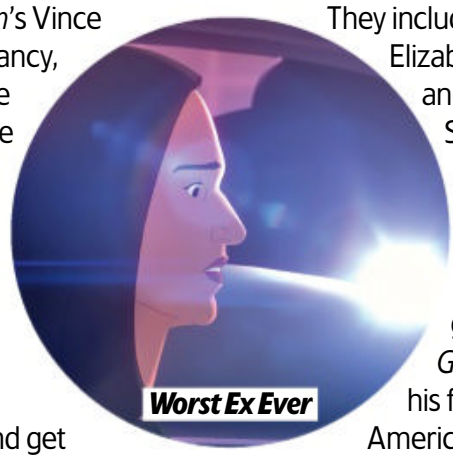
The best new shows to enjoy this week on streaming services...

Solar Opposites
Monday 12 August

The fifth season of the adult animated sci-fi sitcom centring on a family of aliens who crash-land on Earth and are forced to stay here, leading to disagreements over whether that is a good thing. *Downton Abbey*'s Dan Stevens is among the voice cast.

Bad Monkey
Wednesday 14 August

Comedy thriller from *Ted Lasso* co-creator Bill Lawrence, starring *Curb Your Enthusiasm*'s Vince Vaughn as Andrew Yancy, a former Miami Police Department detective who's now a health inspector in the Florida Keys. When tourists find a severed arm, he seizes upon the chance to prove a murder took place and get back to his old job. With Rob Delaney, Zach Braff and Jodie Turner-Smith. See feature, page 14.



Star Wars: Young Jedi Adventures
Wednesday 14 August

The second season of the animated children's series is set 200 years before *The Phantom Menace*, during the High Republic era. It follows Jedi younglings Kai Brightstar, Lys Solay and Nubs as they study the ways of the Force, explore the galaxy, help citizens and creatures in need and, along the way, learn the valuable skills needed to become Jedi Knights.

Worst Ex Ever
Wednesday 14 August

American docuseries from the creators of 2022's *Worst Roommate Ever*. Using eyewitness testimonies, body-cam footage and animated re-enactments, it dissects the dark side of love, from shocking tales of betrayal to murder plots, in disturbing stories of monstrous past relationships.

Grand Cayman: Secrets in Paradise
Wednesday 14 August

American reality series following a group of uber-rich people as they navigate their relationships and friendships on the Caribbean island. They include US TV personality Elizabeth Chambers and Caymanian model Selita Ebanks.

Stags
Thursday 15 August

Drama about a groom-to-be (*Our Girl*'s Nico Mirallegro) and his friends going to South America for his stag do, only for the week of fun to take a dark turn when the stags are sent to a lawless prison island run by two warring siblings. Loyalties are tested as the friends fight for their survival. See feature, page 4.

The Bureau
Thursday 15 August

French espionage drama series focusing on the 'Bureau of Legends', the department of France's intelligence agency responsible for the training and handling of deep-cover agents on long-term missions around the world. Living under false identities for years, the agents' missions are to identify and recruit potential intelligence sources.

Jackpot!
Thursday 15 August

Action-comedy film starring Awkwafina as Katie Kim, who mistakenly finds herself with the winning ticket to the newly established Grand Lottery in California. But there's a catch – if someone kills the winner before sundown, they can legally claim the multibillion-dollar jackpot. So Katie is forced to rely on amateur lottery protection agent Noel Cassidy (*Argylle*'s John Cena) to keep her safe. See feature, page 16.

Daughters
Wednesday 14 August

Documentary about four young girls preparing to reunite with their incarcerated fathers for a daddy-daughter dance as part of a unique programme in a Washington DC jail.

Emily in Paris
Thursday 15 August

Part one of the fourth season of the romantic comedy drama. After the dramatic events of Camille and Gabriel's misbegotten wedding, Emily (Lily Collins) is reeling. She has strong feelings for two men, but now Gabriel's expecting a baby with his ex, and Alfie's worst fears about her and Gabriel have been confirmed. With Lucas Bravo and Camille Razat. See feature, page 17.

Marriage
Thursday 15 August

Drama starring Sean Bean and Nicola Walker as couple Ian and Emma negotiating the ups and downs of their decades-long marriage as Ian adapts to having recently been made redundant. Previously shown on BBC1 in 2022.

The Grindr Killer Scandal: A Faking It Special
Friday 16 August

Feature-length documentary about serial killer Stephen Port, who killed four young men in London between 2014 and 2015 after meeting them on dating apps. *Faking It* looks at the shocking police failings in the case and how easy it was for Port's lies to be believed.

The Union
Friday 16 August

Action comedy starring Mark Wahlberg as Mike, a construction worker who finds himself immersed in the world of spies and secret agents when his former high-school girlfriend Roxanne, played by Halle Berry, recruits him for a high-stakes US intelligence mission. See feature, page 16.

Evil
Friday 16 August

Swedish drama from Walter Presents. Erik Ponti (Isac Calmroth), a teenager in 1950s Stockholm, is the leader of a money-lending gang who terrorises his school, but at home Erik is at the mercy of his abusive stepfather. As a last resort, Erik's mother sends him to a prestigious boarding school and he soon encounters a violent system in which older students rule over the younger ones.

Tales of the Teenage Mutant Ninja Turtles
Saturday 10 August

Following on from the events of the 2023 film *Teenage Mutant Ninja Turtles: Mutant Mayhem*, this new animated series finds Leo, Raph, Donnie and Mikey all separated while facing a villain who plans to eliminate all mutants. Can they reunite to save mutant kind?

WORDS: JUDY EWENS. PHOTOS: NETFLIX, PARAMOUNT+

Documentaries

Presenters Ben Fogle and Kate Humble

Park *life*

Kate Humble brings us the latest animal dramas from Longleat Safari Park

NEW WILDLIFE

Animal Park

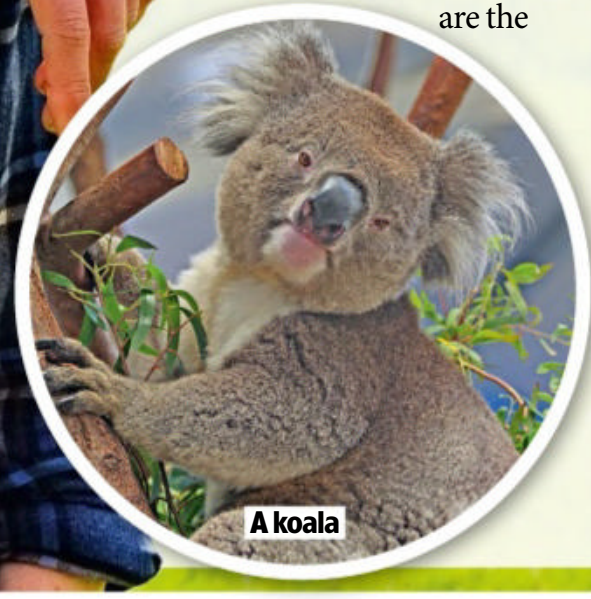
Monday-Friday, 9.30am, BBC1

Kate Humble and Ben Fogle head back to Longleat Safari Park in Wiltshire for the latest series of BBC1's *Animal Park*.

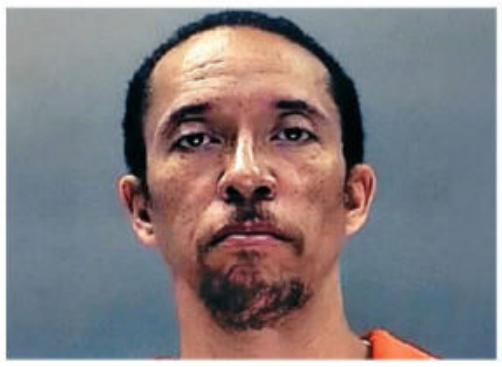
The new 10-part series, airing on weekdays over the next fortnight, sees the hosts, along with co-presenters Hamza Yassin and Megan McCubbin, go behind the scenes to capture all the drama among Longleat's much-loved menagerie – from new arrivals to births and deaths. Here, Humble, 55, reveals some of her safari- park favourites…

AFRICAN PAINTED DOGS

'If anyone has any interest in African wildlife, they'll know how painted dogs are the



A koala



The Other Mrs Jordan

Sunday, 10.15pm, ITV1 (box set, ITVX)

This three-part documentary shows how serial bigamist William Allen Jordan (above) tricked at least 20 women into believing he was a CIA agent and fathered at least 13 children. The series is told through the words of Jordan's ex-wife Mary Turner Thomson's books *The Bigamist* and *The Psychopath*.

● ***Previously shown on ITVX***

My Tiger Family

Monday, 9pm, BBC2

Filmmaker Valmik Thapar (inset) shares footage of generations of wild tigers he has recorded over 50 years. His career behind the camera began by filming tigress Padmini on a visit to Ranthambore National Park in Northern India in the 1970s when the introduction of a hunting ban transformed the big cats' fortunes.

Tigress Arrowhead and one of her cubs

Klitschko: More than a Fight

Thursday, 9pm, Sky Documentaries & Sky Showcase

Oscar-winning filmmaker Kevin Macdonald directs this profile of Ukraine's former boxers Vitali and Wladimir Klitschko (both pictured). It looks at the brothers' feats in the ring and their military roles as their nation continues to battle the Russian invasion.

WORDS: HANNAH DAVIES, IAN MACEWAN. PHOTOS: BBC, CHANNEL 5, GETTY, ITV, SHUTTERSTOCK, SKY

Humble with two fennec fox kits

ultimate animal to see. They're incredibly rare and extraordinary looking – all their patterns are unique. Five of them arrived at Longleat this year and I was lucky enough to meet them very soon afterwards and they're amazing. It's a real highlight for the park.'

FENNEC FOXES

'Fennec foxes are this funny desert animal – they look like two enormous ears on tiny legs with no body in between. But they have an unfortunate habit of eating their young, meaning they're difficult to breed in captivity. This year, the keepers made the big decision to hand-rear the babies, and I got to bottle-feed this cute, 14-day-old fox. It was so tiny that it fit in the palm of my hand.'

An African painted dog

TIGER CUBS

'One of this year's highlights is that there are four new Amur tiger cubs. They're magnificent animals. I was lucky enough to hold them when they were just three days old and I have to admit that I cried. To have such success with captive breeding is incredible and the keepers couldn't stop smiling.'

KOALAS

'There's been a bit of a change with the koalas. We've got a new joey called Monty, but sadly, lovely old Burke died late last year. It's funny because you think koalas just eat eucalyptus, but they're actually fussy. There are something like 600 different sorts of eucalyptus, and each koala at the park likes a different sort. They're the most pampered koalas in the world.'

HYENAS

'Most people hate hyenas. Even if you watch *The Lion King*, the hyenas are made to look like giggling idiots, but they're amazing. I love their ugly beauty. All the Longleat keepers know I'm obsessed with hyenas, so every year, I've been able to take part in their socialisation programme.'

Elizabeth Taylor: The Lost Tapes

Saturday, 9pm, Sky Documentaries

This profile of the iconic Hollywood star draws on her own personal archive and features recently unearthed interviews from 1964 and 1965, in which she talks about her career, her relationship with Richard Burton (above with Taylor) and her friendships with co-stars including James Dean.

The Body Next Door

Sunday, 9pm, Sky Documentaries & Sky Showcase (box set, Sky Box Sets & NOW)

A three-part look at a bizarre murder that shocked the Welsh village of Beddau in 2015 when the body of John Sabine was discovered in a garden wrapped in heavy-duty material after he had been missing for 18 years. The crime was linked to his widow, Leigh Ann, but what really happened?

Julia Bradbury and JJ Chalmers

BATTLE stations

Julia Bradbury and JJ Chalmers experience today's Royal Navy

NEW FACTUAL

Warship: Life in the Royal Navy

Tuesday, 9pm, Channel 5

There's a rare chance to go behind the scenes of our naval-warfare forces in Channel 5's *Warship: Life in the Royal Navy*, which gives JJ Chalmers and Julia Bradbury unprecedented access to the Royal Navy's Portsmouth base, the Royal Marine Commando Training Centre in Devon and a state-of-the-art aircraft carrier on military exercise.

'We're here at a time of serious international tension when the Royal Navy has never been busier,' says Chalmers, 37, who spent 10 years serving as a commando. 'With nearly 70 warships, submarines and support vessels, plus 30,000 people, the Royal Navy is a truly vast organisation.'

In the first of three programmes, Bradbury spends three days on board *HMS Prince of Wales*, the newest, largest and best-equipped warship the Royal Navy has ever built, as it takes part in the biggest NATO exercise since the Cold War.

Costing £3 billion, it's a floating city for more than 1,000 people. It has a gym, cafe, shop, police cell and eight F-35 Lightning fighter jets.

On board *HMS Excellent*

'The jet engines are the most powerful in the world,' says Bradbury, 54. 'The jets have just 350ft to go from a standing start to take off, and the power is immense.'

Meanwhile, Chalmers visits BRNC Dartmouth, where King Charles III completed his officer training, and also meets a Falklands veteran who was on board *HMS Conqueror* when it sank the Argentine light cruiser *General Belgrano* in 1982.

Chalmers follows some Commando trainees

Chalmers also returns to the Commando Training Centre in Devon, where he completed his training 18 years ago, to follow a group of recruits being pushed to the limit with a tough exercise in the surrounding forests.

'This part of the course is centred on learning how to survive and operate in the field,' he explains. 'It's widely regarded as the toughest basic training course in the world. It certainly brings back memories.'

Films *Our Pick of*

PREMIERE OF THE WEEK

Kingdom *of the* Planet *of the* Apes

Returning to a future where simians rule, a young chimp sets off on an epic quest

SCI-FI ADVENTURE

On now, on demand, Disney+ ★★★★

After a slew of increasingly poor sequels (culminating in Tim Burton's woeful take in 2001), a rebooted vision, starting with *Rise of the Planet of the Apes* in 2011, proved there was plenty of life in this franchise yet. Mostly seen from the point of view of the apes, the three films (*Rise*..., *Dawn*... and *War*...) followed talking chimpanzee Caesar as he tried to create a world where both humans and his kind could live together.

Now we're back after that trilogy, this time set many generations after Caesar's death and with young chimp Noa (Owen Teague) as our protagonist. After his clan is terrorised and captured by some war-like apes, he journeys to find his tribe, accompanied by a wise orangutan (Peter Macon) and a mysterious human (Freya Allan).

This return to a future where apes rule is a fully realised, coherent world, helped by near-faultless CGI, while also managing to include a number of sly winks and nods to the original 1968 movie. Some of the visuals are sensational, as the trio travel through ancient skyscrapers now engulfed by nature.

Coming in at a hefty two-and-a-half hours, this is epic stuff that may not add much to the rebooted trilogy, but doesn't drop the ball either, as impressive set-pieces sit alongside thoughtful, touching moments. It's a terrific start to a whole new saga. 2024, 12, 145MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JOEL HARLEY, LEILA LATIF, NIGEL PIZEY

the Week's Best Films

COMEDY THRILLER

Confess, Fletch

Thursday, on demand, Netflix ★★★★

Proving once again that he's one of the most versatile actors around, Jon Hamm is charming and hilarious in the role Chevy Chase played back in the 1980s, centred on the investigative reporter created by novelist Gregory McDonald. Greg Mottola's film is based on the 1976 entry in McDonald's series, but updated for the modern day. Here, Irwin M 'Fletch' Fletcher probes the case of a stolen Picasso, only to find himself the number-one-suspect in a woman's murder. What makes this a joy is the line it walks between clever and stupid. The central mystery is intriguing, the dialogue razor-sharp, but the film is not above a delightfully silly gag. More than anything, Mottola just seems to 'get' Hamm's appeal, which has rarely been captured this well since his *Mad Men* days. 2022, 15, 98MIN

Genial: Jon

Leonardo's flying high

ANIMATION

The Inventor

Sunday, 6.30am & 2.45pm, Sky Premiere ★★★

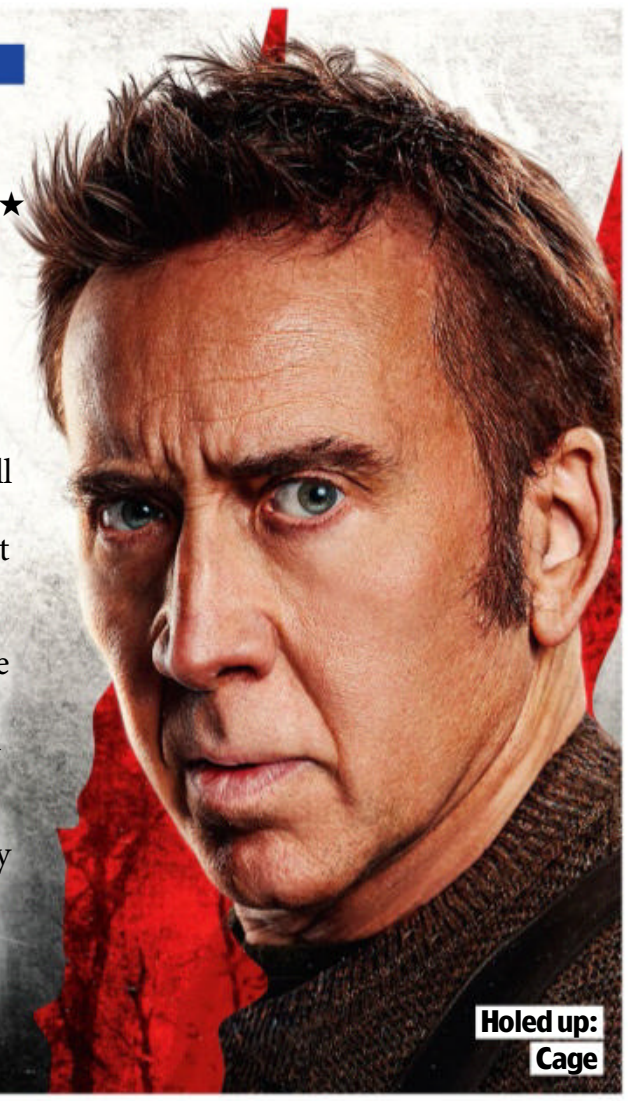
Stephen Fry voices Leonardo Da Vinci in this modestly engaging whistlestop(-motion) tour of the Renaissance man's life and work. Also featuring the voices of Daisy Ridley (sidekick Marguerite de Navarre), Marion Cotillard (patron Louise de Savoy) and Matt Berry (Pope Leo X), its somewhat meagre story documents Da Vinci's quest to uncover the meaning of life, the universe and everything. Written and directed by *Ratatouille* scriptwriter Jim Capobianco (and co-helmed by Pierre-Luc Granjon), it's nothing groundbreaking, but the visuals (combining puppetry and traditional 2D animation) and gentle humour frequently charm. 2023, PG, 100MIN

HORROR

Arcadian

Friday, 2.20pm & 8pm, Sky Premiere ★★★★

Seemingly from nowhere comes this gritty, gripping creature feature, starring an excellent, if unexpectedly stoic Nicolas Cage. He's the father of teenage twin boys (Jaeden Martell and Maxwell Jenkins), living off the land after a global apocalypse, but ensuring their farmhouse is heavily barricaded every night because there are some very nasty beasties that only come out at after dark... It's a straightforward tale, but director Benjamin Brewer's movie has a grounded reality that feels genuine (until the last 20 minutes when it goes truly wild), helped by a deft script and committed cast. 2024, 15, 92MIN



Holed up: Cage

Good companions: Jake and Biff Wiff

COMEDY

Self Reliance

On now, on demand, Paramount+ ★★★

Although on paper this comedy seems high stakes, it really isn't. It concerns Jake Johnson (who also wrote and directed), a schlub bored with his life who accepts an invitation by actor Andy Samberg (playing himself) to participate in a game in which 'hunters' will attempt to murder him for 30 days. He can only be killed when he's alone and if he survives, he wins $1million... So Johnson hires a homeless guy (Biff Wiff) to shadow him, before finding Anna Kendrick, who's also playing. It's a genial tale of needing connections and friendships, told with a light touch. 2023, 15, 85MIN

FilmFinder

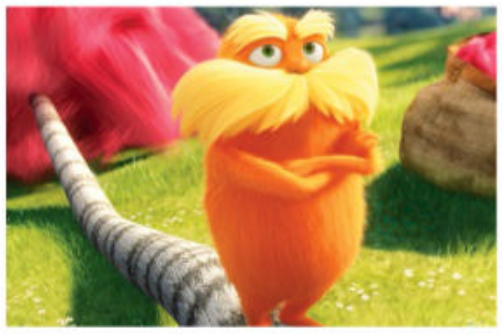
The best of the week at a glance

Animation

Home

Saturday, 8am & 4.55am, Sky Blockbusters ★★★

A bright and breezy animated adventure about a lonely alien who befriends an equally lonely girl when his tentacled, timid race invades Earth. 2014, U, 94MIN



The Lorax

Monday, 9.40am & 7.25pm, Sky Animation ★★★

Dr Seuss' jaunty tale follows a youngster who lives in a synthetic world on a quest to find a real tree. Zac Efron and Taylor Swift head the vocal talent. 2012, U, 86MIN

Gnomeo & Juliet

Tue, 4.40pm & 4.05am, Sky Blockbusters ★★★

The jokes go from Bard to verse in this amusingly daft take on Shakespeare's tragedy, in which the feuding families are garden gnomes. 2011, U, 84MIN

Wonder Park

Wednesday, 11am, Film4 ★★★★

An imaginative girl finds herself inside the theme park she's created when her mum (voiced by Jennifer Garner) falls ill. A bright, neatly done animation about grief and growing up. 2019, PG, 85MIN

Sci-Fi

Looper

Saturday, 8pm, Sky Action ★★★★

A loopy and engrossing brain-teasing thrill ride in which Bruce Willis and Joseph Gordon-Levitt play the past and future versions of a hitman who try to change their destiny. 2012, 15, 118MIN

Continuum

Sunday, 11.40pm, Sky Sci-Fi ★★★

Haley Joel Osment, Rufus Sewell and Gillian Anderson star in a thoughtful, slow-burning time-travel drama that raises some interesting ethical and emotional questions. 2013, 15, 89MIN

Edge of Tomorrow

Tuesday, 10.10pm, Sky Sci-Fi ★★★★

Reliving the same day over and over, Tom Cruise and Emily Blunt battle invading aliens, honing their fighting skills as they go. They are both terrific in this hugely entertaining yarn. 2014, 12, 113MIN

Déjà Vu

Thursday, 9pm, Film4 ★★★★

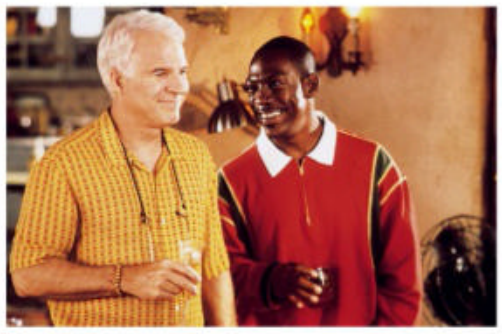
Cop Denzel Washington is on the trail of a terrorist (Jim Caviezel) who blew up a ferry – and a hi-tech, time-travel gizmo means he could stop the bomb... An edge-of-seat thrill ride. 2006, 12, 126MIN

Comedy

Being John Malkovich

Tuesday, 8pm, Sky Cinema Comedy ★★★★★

An inspired comedy in which puppeteer John Cusack discovers a portal that leads into the mind of John Malkovich (hilariously playing himself). 1999, 15, 112MIN



Bowfinger

Thursday, 4.45pm, Sky Cinema Comedy ★★★★

A witty farce in which Steve Martin's low-rent film-maker makes a movie from a double and secretly shot footage of action star Eddie Murphy. 1999, 12, 97MIN

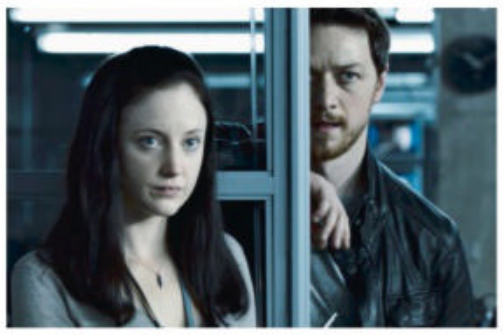
EDITOR'S CHOICE

Barbie

Saturday, 4.20pm, Sky Blockbusters ★★★★

Living a perfect life, Margot Robbie's Barbie has thoughts of death and must go into the real world to find out why, with lovesick Ken (Ryan Gosling) tagging along. She finds a horrifying realm where men rule, while Ken disastrously takes the idea back home... Can Barbie fix things? The stars are sensational in Greta Gerwig's hilarious, cutting and emotional satire. 2023, 12, 114MIN

Thriller



Welcome to the Punch

Sat, 9.50am, Sky Action ★★★

London cop James McAvoy is on a vengeful crusade against slippery crook Mark Strong, but police corruption and political skulduggery complicate his quest in this slick, stylish thriller. 2013, 15, 100MIN

Jack Reacher: Never Go Back

Sunday, 9pm, C4 ★★★

As Lee Child's righter of wrongs, Tom Cruise tries to clear a military cop (Cobie Smulders) of treason. It's routine, but performed with gusto. 2016, 12, 118MIN

The Dry

Sunday, 10.15am & 5.45am, Sky Thriller ★★★★

Eric Bana's haunted cop unwillingly returns to his drought-hit Outback home town on a case. But old wounds soon open up in this gripping thriller. 2020, 15, 117MIN

Righteous Kill

Sunday, 9pm, GREAT! movies ★★★

A tense, pacy and involving thriller, with Robert De Niro and Al Pacino as veteran New York City detectives trying to catch a serial killer polishing off the city's scum; but is the culprit a cop..? 2008, 15, 101MIN

FILMS MAY BE EDITED FOR TELEVISION. THE RUNNING TIMES GIVEN ARE THOSE OF THE ORIGINAL CINEMA RELEASES.

Weekend movies

Saturday 10 August

HORROR

Shadow in the Cloud

11.40pm, BBC1 (12.40am Scotland) ★★★★

Sex ●●● Violence ●●● Language ●●●

As a bomber taxis off on a mission during World War Two, a young woman (Chloë Grace Moretz) jumps aboard with a mystery cargo, a crisp English accent and a secret operation to carry out. But misogyny and dogfights aren't the only perils she has to fight in this audacious, genre-mashing romp, which has more to say about the female experience than its wilfully gonzo premise suggests. Whether you read it as an arch creature feature or feminist war cry depends on your point of view, but it's definitely bonkers. 2020, 15, 83MIN

Gripping mission: Chloë

HORROR

Spontaneous

11.25pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A high-schooler spontaneously combusts. Then another. And another. Scientists can't work it out, and each teen wonders if they'll be next... This smart directorial debut from Brian Duffield swirls with subtexts (Trump, school shootings, Covid) while skilfully juggling genres and tones. And, among other things, it's a cracking romance thanks to lovable leads Katherine Langford and Charlie Plummer. Your heart will go boom. 2020, 15, 97MIN

CRIME CLASSIC

Taxi Driver

11.35pm, GREAT! movies ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Martin Scorsese's masterful depiction of urban alienation has lost none of its power. Robert De Niro delivers one of his defining performances as Vietnam veteran-turned-vigilante New York taxi driver Travis Bickle, whose infamous 'You talkin' to me?' soliloquy is one of cinema's most quoted scenes. Equally remarkable is Jodie Foster as a child prostitute he wants to help. 1976, 18, 110MIN

BIOPIC

Love & Mercy

12.30am, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

This superb biopic of Brian Wilson, the troubled musical genius behind 1960s pop icons The Beach Boys, takes a radical approach to the biopic genre, casting two very different actors to play its protagonist at two contrasting stages of his life. Paul Dano is the brilliant young Brian of the 1960s, pushing the envelope of pop music, while John Cusack is the 1980s recluse, his mental health wrecked by drugs and nervous breakdowns. 2014, 12, 121MIN

WORLD CINEMA

Riders of Justice

1.10am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Probability professor Nikolaj Lie Kaas survives a train crash, but thinks it was no accident. With Mads Mikkelsen, whose wife died in the tragedy, and Nicolas Bro and Lars Brygmann, they go after the biker gang they blame. Between outbursts of violence, the film ruminates on the nature of cause and effect. A darkly witty delight, with great characters, lots of laughs and twists. Subtitled. 2021, 15, 116MIN

■ Full listings start on p35

Sunday 11 August

FANTASY ROMANCE

Three Thousand Years of Longing

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

Finding a curious bottle at a bazaar, Tilda Swinton's 'narratologist' Alithea releases a benevolent genie (Idris Elba's Djinn) and is promised three wishes. They spend much time philosophising in an Istanbul hotel room as the Djinn tells Alithea how he ended up in a glass-blown cell, a tale spanning dynasties, continents and millennia. It falls short in places, but this collection of short stories and fantastical flashbacks brings director George Miller's remarkable visual invention to the fore. 2022, 15, 108MIN

Genie-us: Tilda

ANIMATION

Flushed Away

12.30pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

The first entirely computer-animated feature film from Aardman Animations, home of Wallace & Gromit, still keeps the charming hand-made look of their earlier hits. Hugh Jackman provides the voice of Roddy, a spoiled pet rat who gets flushed into the London sewers and becomes involved in a rip-roaring adventure to help plucky rat Rita (Kate Winslet) foil a dastardly plot by the villainous Toad (Ian McKellen). 2006, U, 85MIN

CLASSIC THRILLER

Dial M for Murder

4.15pm, BBC2 (3.40pm Wales) ★★★★

Sex ●●● Violence ●●● Language ●●●

Ray Milland's idea of a good time is to arrange for his wife (Grace Kelly) to be murdered while she answers his phone call. Director Alfred Hitchcock's idea of the same is to put Milland right on the spot when his hired hand botches the job... Milland gives superb value, rolling each line of dialogue round his mouth like a handful of marbles, and the suspense builds in fine style in one of Hitchcock's most famous films. 1954, PG, 101MIN

CLASSIC SCI-FI

Blade Runner

8pm, Sky Sci-Fi ★★★★★

Sex ●●● Violence ●●● Language ●●●

With its amazing design and haunting score by Vangelis, director Ridley Scott's breathtaking sci-fi classic has been imitated many times, but never surpassed. In a perpetually rainy, neon-lit 2019 LA, Harrison Ford is hired to find five dangerous androids. The problems is, it's virtually impossible to tell them apart from humans... Ford is ideal and Rutger Hauer, Daryl Hannah and Sean Young also impress. 1982, 15, 117MIN

CLASSIC DRAMA

The Elephant Man

11.30pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director David Lynch's true-life tale of an intelligent, sensitive but severely deformed Victorian man is an impeccably told story of great kindness and awful cruelty. John Hurt is remarkable as John Merrick ('I am not an animal, I am a human being!') and Anthony Hopkins is a surgeon who saves him from life in a fairground and gives him a home in Whitechapel's London Hospital. 1980, PG, 124MIN

■ Full listings start on p45

PAY-PER-VIEW PREMIERES

The pick of the week's films on Sky, Virgin and other platforms

Teen players: Riley and Anxiety

ANIMATION

Inside Out 2

From Tuesday ★★★★

Sex ●●● Violence ●●● Language ●●●

Offering a pacy look at messy teenagehood, this is a clever, gorgeously rendered sequel to the 2015 film. Our hero Riley is now 13 and needs to ace her ice-hockey training camp to be in the Firehawks team, or face relegation to high-school social Siberia. But the Puberty Alarm forcibly banishes Joy and co into the Memory Vault, making way for new emotions Anxiety, Envy, Embarrassment and Ennui. As the emotions battle in her mind, Riley scrambles painfully and relatably through social gaffes, wild behaviour and hockey-match rampages in a genuinely compassionate comedy, full of cringingly funny moments. 2023, U, 96MIN

It does what it says on the tin

COMEDY

Hundreds of Beavers

On all week ★★★★

Sex ●●● Violence ●●● Language ●●●

Utterly absurd and relentlessly funny, this black-and-white slapstick comedy tracks a 19th-century applejack salesman (Ryland Brickson Cole Tews, who co-wrote with director Mike Cheslik) as he battles the bucktoothed critters (humans in mascot costumes) and attempts to woo the daughter (Olivia Graves) of a protective, gun-toting furrier (Doug Mancheski). The non-stop gags range from basic buffoonery to virtuoso chase sequences and, while the result is exhausting, it's undeniably inventive. From 5 August. 2022, 12, 108MIN

Weekday movies over page

Weekday movies

Monday 12 August

COMEDY DRAMA

Can You Ever Forgive Me?

1am, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Boozy and bad-tempered, cranky author Lee Israel's life and career is in a major slump when she turns her fortunes around by taking to literary forgery – knocking off fake letters by the likes of Dorothy Parker and Noël Coward and selling them to eager collectors with help from her gay English drinking buddy Jack Hock. Melissa McCarthy and Oscar-nominated Richard E Grant make a terrific double act in this hilarious – and unexpectedly poignant – fact-based drama set in 1990s New York. 2018, 15, 106MIN

Forging ahead: Richard and Melissa

ROMCOM

The Holiday

3.40pm, Sky Blockbusters ★★★

Sex ●●● Violence ●●● Language ●●●

American film producer Cameron Diaz swaps homes with English writer Kate Winslet for the Christmas holidays. Both are unlucky in love – but they're soon finding their Mr Rights. Diaz is dazzled by Winslet's brother Jude Law and Winslet melts when she meets funny guy Jack Black. It runs a very familiar path, but the talented stars fill this charming romcom with plenty of sparkle. 2006, 12, 135MIN

ROMCOM

Crazy Rich Asians

11.10pm, BBC1 (11.40pm NI) ★★★★

Sex ●●● Violence ●●● Language ●●●

Constance Wu's New Yorker is in for a shock when she learns that her long-time boyfriend (Henry Golding) comes from a fabulously rich family – and that he is the highly eligible bachelor heir to its enormous fortune. But will she fit in with his impossibly swanky moneyed set? Based on Kevin Kwan's best-selling 2013 novel, this breezy romcom is a decidedly old-fashioned affair, but always endearing. 2018, 12, 121MIN

ACTION THRILLER

Mission: Impossible III

10.45pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

This third film, directed by JJ Abrams, is a blast as Tom Cruise's Ethan Hunt leaps into action. Bad guy Philip Seymour Hoffman is the reason why Hunt gatecrashes a party at the Vatican, jumps off a skyscraper in Shanghai and causes lots of explosive mayhem in between, while Michelle Monaghan is the woman in need of rescue with help from Keri Russell, Maggie Q, Ving Rhames and Jonathan Rhys Meyers. 2005, 12, 125MIN

DRAMA

The Sense of an Ending

11.05pm, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

Jim Broadbent's divorced sixtysomething leads an existence of curmudgeonly contentment, but a lawyer's letter stirs up memories of his school and university days. This adroit adaptation of Julian Barnes' novel starts out as a low-key portrait of mundane middle-class Londoners, then turns into a gripping mystery. 2017, 15, 108MIN

Full listings start on p55

Tuesday 13 August

SUPERHERO

Shazam! Fury of the Gods

11.05am, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

This sequel to the 2019 film starts promisingly with Helen Mirren and Lucy Liu causing a spot of bother by stealing a mystical staff from a museum. So it's up to Zachary Levi's Shazam (the alter ego of teen Asher Angel) and his fellow supers to save the world. There's far too much going on in the CG-heavy plot and it becomes increasingly fraught and muddled as it goes, but the cast – including Djimon Hounsou – is game, the subplot involving Rachel Zegler is charming and the unicorns are a witty touch. 2023, 12, 130MIN

Saving the day: Zachary and co

CLASSIC MONSTER MOVIE

Jaws

12.35pm, Sky Blockbusters ★★★★★

Sex ●●● Violence ●●● Language ●●●

Steven Spielberg's classic is a textbook exercise in the creation of suspense. The script was co-written by Peter Benchley from his bestseller and John Williams' Oscar-winning score stokes up the tension no end. Amity Island is the place where it definitely isn't safe to go into the water, a great white shark is the people-eater at large and Roy Scheider, Richard Dreyfuss and Robert Shaw are the trio hunting it. 1975, 12, 125MIN

CLASSIC THRILLER

The Day of the Jackal

9pm, GREAT! movies ★★★★★

Sex ●●● Violence ●●● Language ●●●

Although French statesman Charles de Gaulle was not killed by an assassin's bullet in 1962, that doesn't stop director Fred Zinnemann from wringing every last drop of suspense from this glossy adaptation of Frederick Forsyth's bestseller. Edward Fox is icily effective as the hitman, nipping around Europe on the trail of his prey. The infamous watermelon sequence is a stand-out moment. 1973, 15, 142MIN

BIOPIC

The Keeper

11.05pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

This thoroughly enjoyable sporting biopic tells the story of football legend Bert Trautmann, the former German prisoner of war-turned-Manchester City goalkeeper, who famously played on with a broken neck in the 1956 FA Cup Final. In look and feel, the movie is as old-fashioned as baggy shorts and leather balls. But with David Kross displaying grit and charm as Trautmann, the movie will have you cheering. 2019, 15, 119MIN

THRILLER

The Score

11.55pm, GREAT! movies ★★★★

Sex ●●● Violence ●●● Language ●●●

Cat burglar Robert De Niro plans a caper to steal a precious antique sceptre from the Montreal customs house. His pal, Marlon Brando, puts him up to it and security guard Edward Norton is their inside man. Angela Bassett also plays a crucial role and the devious double twist ending is a jewel in the crown of an exciting, smart thriller. 2001, 15, 124MIN

Full listings start on p65

Wednesday

COMEDY

LaRoy, Texas

8.25am & 1.45am, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

With a whiff of Coen brothers about it, writer-director Shane Atkinson's comedic desert noir combines a tricksy script filled with larger-than-life characters surrounding everyman Ray (John

In too deep: John and Steve

DRAMA

Boyz N the Hood

9pm, GREAT! movies ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director John Singleton earned an Oscar nomination for this, his debut film. It is a portrait of life in inner-city LA for teens Ice Cube, Morris Chestnut and Cuba Gooding Jr, whose athletic prowess offers him the chance to escape the gangland culture that surrounds them. Gooding Jr has great energy and charisma, but it is Laurence Fishburne, as his father, around whom the whole film turns. 1991, 15, 111MIN

SCI-FI ACTION

RoboCop

11pm, Sky Adventure ★★★★

Sex ●●● Violence ●●● Language ●●●

Although its impact has been diminished by two inferior sequels, a tatty TV series and a remake, this blackly comical sci-fi thriller is still one of the highlights of director Paul Verhoeven's career. If you can look beyond the ultraviolence, you will find a lot of intelligence and smart, subversive humour as half-human, half-robot law enforcer Peter Weller dispenses his brand of justice in anarchic Detroit. 1987, 18, 103MIN

14 August

Magaro, on fine hangdog form). As the protagonist to the increasingly wild events – involving a determined hitman (Dylan Baker), a farcical private eye (Steve Zahn) and ton of money – Ray grows as things progress and we follow his (mostly mis)fortunes. Snappy, funny, but thoroughly engaging, this is a little gem. 2023, 15, 112MIN

THRILLER

Bridge of Spies

11.20pm, BBC1 (11.50pm Wales, not N Ireland) ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Hanks is perfect as a Brooklyn lawyer who becomes the unlikely orchestrator of a US-Russian prisoner swap at the height of the Cold War, while Oscar-winning Mark Rylance is also superb as the slippery Soviet spy at the heart of the deal. Steven Spielberg directs the cloak-and-dagger shenanigans with his customary skill, turning the fact-based tale into an intelligent and riveting thriller. 2015, 12, 141MIN

CRIME DRAMA

Wind River

2am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Jeremy Renner oozes stoic integrity as a wildlife officer and expert tracker who joins forces with Elizabeth Olsen's out-of-her-depth FBI agent to solve the death of a teen on a Native American reservation in snowbound Wyoming. Examining its characters' underlying pain, along with political issues and the police investigation, this is a riveting drama. 2017, 15, 107MIN

■ Full listings start on p75

Thursday 15 August

ACTION

Sisu

6.10am & 12.30am, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

In 1944 Lapland, a veteran soldier-turned-prospector (Jorma Tommila) runs into a vicious SS platoon. Led by Aksel Hennie and Jack Doolan, the Nazis want his gold and relentlessly pursue him across the bleak terrain. Wearing its influences (*Rambo*, *John Wick*, *Inglourious Basterds*) on its blood-splattered sleeve, writer-director Jalmari Helander's film is both pulse-racing fun and utterly ludicrous. But you can't help rooting for the near-silent, indestructible Tommila (as well as his cute little dog). 2022, 15, 88MIN

Showing his metal: Jorma

THRILLER

The Net

6.35pm, GREAT! movies ★★★

Sex ●●● Violence ●●● Language ●●●

After being told about a computer program that reveals secret data, analyst Sandra Bullock blithely goes off on holiday, meets nice guy Jeremy Northam (never trust a British actor in a Hollywood thriller) and then, one dangerous tussle later, discovers that her identity has been stolen and every computer file on her says she's someone else with a criminal record... Though it's very dated, this is still a devious conspiracy thriller. 1995, 12, 115MIN

ADVENTURE

The River Wild

9pm, Legend ★★★★

Sex ●●● Violence ●●● Language ●●●

Meryl Streep makes for a fantastic action hero in this wilderness adventure. She plays a former river guide trying to patch up her relationship with her husband (David Strathairn) on an ill-fated white-water rafting expedition with their son, when they are captured by a group of criminals led by Kevin Bacon's escaped convict. It is gripping stuff, even if the film tips over into implausibility in the closing stages. 1994, 12, 112MIN

PERIOD DRAMA

Fanny Lye Deliver'd

1.40am, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

Writer-director Thomas Clay's intriguing, well acted 'Puritan Western' is set in 1657. Arriving on an isolated Shropshire farm, two naked strangers (Freddie Fox and Tanya Reynolds) seek refuge with Charles Dance's unbending farmer, his wife (Maxine Peake, superb) and their young son (Zak Adams). However, the free-thinking, free-loving newcomers then proceed to turn the household dangerously upside down. 2019, 18, 111MIN

COMEDY THRILLER

The Guard

2.20am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Brendan Gleeson is excellent as a police sergeant in the west of Ireland, who is overweight, cynical and defiantly un-PC. Visiting FBI agent Don Cheadle is shocked but, working with Gleeson to bring down a cocaine-smuggling gang, he realises he's a lot smarter than he lets on... This cracking movie delivers intricate plotting, tense stand-offs and plenty of humour. 2011, 15, 96MIN

■ Full listings start on p85

Friday 16 August

HORROR

Halloween Ends

On demand, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

Flawed but fascinating, the final entry in David Gordon Green's legacy trilogy opens with a tragedy involving Rohan Campbell's babysitter, Corey. Three years on, ostracised Corey hooks up with Allyson (Andi Matichak), granddaughter of Laurie (Jamie Lee Curtis), whose nemesis Michael (James Jude Courtney) lurks in the shadows… Themes of blame, guilt and forgiveness are tackled interestingly, while fans should be sated by the grisly kills and nods to John Carpenter, who made the 1978 classic. From today. 2022, 18, 111MIN

Knock, knock: Jamie

DRAMA

The Fabelmans

3.25pm & 12.10am, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Steven Spielberg fictionalises his own family to tell a rich and expansive story detailing how movies offer an escape from domestic pain, as well as a lens to frame life's difficult moments. Michelle Williams excels as mother, Paul Dano plays father and Gabriel LaBelle the young would-be film-maker. A carefully calibrated, compassionate look at the making of a master that evokes wonder. 2022, 12, 151MIN

EPIC DRAMA

Braveheart

10.40pm, BBC1 (11.05pm Wales) ★★★★

Sex ●●● Violence ●●● Language ●●●

While it plays fast and loose with historical fact, there is no denying that actor-director Mel Gibson's biopic of 13th-century Scots freedom fighter William Wallace has a genuine epic sweep. The film takes a while to get going, but it picks up speed once Wallace and his ragtag army swing into action. It won a clutch of Oscars, including Best Picture and Director, but it is the battle scenes that really impress. 1995, 15, 177MIN

COMEDY

Spy

10.45pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

Melissa McCarthy is at her hilarious best in director Paul Feig's infectiously entertaining action comedy. McCarthy plays a dumpy CIA analyst who is thrown into the field, getting into a series of slapstick comic scrapes as she tracks down a stolen nuclear bomb, adopting a string of undercover identities en route. Jude Law, Rose Byrne, Miranda Hart and, especially, Jason Statham also enter into the gleeful spirit of things. 2015, 15, 120MIN

SCI-FI

Moon

11.05pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Sam Rockwell plays a lone astronaut on the Moon, being cared for by a creepy computer (voiced by Kevin Spacey) and looking forward to being back with his family after his three-year stint in space is over. But he's injured in an accident and awakes from a coma to find that nothing is as it seems... Giving it his all, Rockwell is superb in this gripping sci-fi puzzle. 2009, 15, 97MIN

■ Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live action

THE MAIN EVENT

New Premier League season

Your guide to the **big kick-off**

LIVE FOOTBALL

Manchester United v Fulham

Friday, kick-off 8pm, Sky Sports Main Event & Sky Sports Premier League

Reigning champions Manchester City will go for a historic fifth consecutive Premier League title this season – but it's rivals Manchester United who kick off the new campaign when the Red Devils host Fulham at Old Trafford.

Having avoided the axe, United coach Erik ten Hag has been splashing the cash over the summer, signing French centre back Leny Yoro from Lille for £59 million and Bologna's Dutch striker Joshua Zirkzee for £36.5 million. Yoro, however, will be off the pitch for three months following a foot injury he received during a pre-season friendly in July. Meanwhile, Fulham have brought in Arsenal midfielder Emile Smith Rowe for an initial £27 million as Marco Silva looks to build on last season's 13th-place finish.

Here's our guide to the new season...

THE NEW BOYS

Leicester City and Southampton have made an immediate return to the Premier League, joined by Ipswich Town as the Tractor Boys play top-flight football again after a 22-year absence. Kieran McKenna has worked wonders at Portman Road, achieving back-to-back promotions – much to the delight of pop superstar and lifelong fan Ed Sheeran, one of the club's sponsors.

THE COACHES

Following Jürgen Klopp's emotional departure from Anfield, Liverpool have brought in Feyenoord boss Arne Slot, while West Ham have appointed former Wolves coach Julen Lopetegui in place of David Moyes. The managerial merry-go-round continues at Stamford Bridge, with Leicester City's Enzo Maresca becoming Chelsea's sixth appointment in five years and the Foxes replacing him with former Forest boss Steve Cooper. After Roberto De Zerbi decamped to Marseille, Brighton have turned to St Pauli's 31-year-old Fabian Hürzeler – who becomes the youngest permanent head coach in Premier League history.

THE SIGNINGS

The transfer window doesn't close until 30 August, but a resurgent Aston Villa have already signalled their intent under Unai Emery, signing Belgium midfielder Amadou Onana for £50 million from Everton and Dutch international Ian Maatsen from Chelsea for £37.5 million along with playmaker Ross Barkley from Luton. Elsewhere, defender Max Kilman has followed boss Julen Lopetegui from Wolves to West Ham for £40 million.

THE TALKING POINTS

This season will be the first to feature semi-automated offside technology, which was used successfully at the World Cup and Euro 2024. It will be introduced after one of the international breaks, in September or October, and will cut the length of a VAR check for offside by around 30 seconds.

Meanwhile, there is the prospect of more points deduction for teams falling

Premier League champions Manchester City

WORDS: RICHARD MCCLURE PHOTOS: GETTY

New Brighton head coach Fabian Hürzeler

foul of the Premier League's controversial Profit and Sustainability Rules. Nothing had been announced as we went to press, although Leicester City looked set to be the latest club to be heavily penalised.

THE KITS

There are some striking new looks this season, including the striped collar on Liverpool's shirts, a nod to the kit worn in 1983-84 under Joe Fagan, and the funky name and number on Man City's shirts, designed with the help of celebrity fan Noel Gallagher.

(Clockwise from left) Manchester City's Erling Haaland, Chelsea's Cole Palmer, Liverpool's Dominik Szoboszlai and Arsenal's William Saliba

Lewis Travis celebrates Ipswich Town's promotion

Real Madrid's new signing Kylian Mbappé

LIVE FOOTBALL

UEFA Super Cup

Wed, kick-off 8pm, TNT Sports 1

Kylian Mbappé looks set to make his Real Madrid debut as the Champions League winners take on Europa League holders Atalanta in Warsaw. The French superstar will receive £12.8 million a season, plus a £128 million signing-on bonus, after his move from Paris Saint-Germain, and joins a star-studded squad that includes England's Jude Bellingham and Croatia's Luka Modrić, who has signed a one-year extension. Madrid have lifted the Super Cup five times, while Italian outfit Atalanta are in their first final after a hat-trick from former Fulham forward Ademola Lookman helped his club defeat Bayer Leverkusen to win their first European silverware in the Europa League final in May.

Dutch champion Demi Vollering

LIVE CYCLING

Tour de France Femmes

From Monday, Eurosport 1

Featuring eight stages across seven days, the third edition of the women's Tour de France begins on Monday with a Grand Départ in Rotterdam. The route takes in stages in the Netherlands and Belgium before entering France in stage five and travelling to the Alps for two mountain climbs to Le Grand-Bornand and Alpe d'Huez. The Netherlands' defending champion Demi Vollering of Team SD Worx will be trying to win a second consecutive yellow jersey.

LIVE RUGBY UNION

Rugby Championship

Saturday, Sky Sports Action & Sky Sports Main Event

After a two-Test series win over Wales last month, Joe Schmidt's Australia turn their attention to this year's four-nation Rugby Championship as they host world champions South Africa in the opening match in Brisbane (kicking off at 5.45am on Saturday morning). Wallabies wing Filipo Daugunu is available for selection after serving a ban for a red card against Georgia. That's followed by defending champions New Zealand taking on Argentina in Wellington (kick-off 8.05am).

Australia's Filipo Daugunu

Manchester United's Kobbie Mainoo

LIVE FOOTBALL

FA Community Shield

Saturday, kick-off 3pm, ITV1

Manchester City and Manchester United meet at Wembley Stadium for the third time in 14 months as they contest the traditional curtain-raiser to the new season. Champions City were denied a league and FA Cup double in May when United won the cup for a 13th time, thanks to first-half goals from Alejandro Garnacho and man of the match Kobbie Mainoo in a 2-1 victory.

Sport A-Z and football planner »»

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Sport week A-Z GUIDE

AMERICAN FOOTBALL

LIVE Minnesota Vikings v Las Vegas Raiders
Sat 9pm Sky Sports Action

LIVE Jacksonville Jaguars v Kansas City Chiefs
Sat 12m't Sky Sports Mix

AUSTRALIAN RULES

LIVE Fremantle v Geelong Cats
Sat 7.30am TNT Sports 1

LIVE Melbourne v Port Adelaide
Sat 10.30am TNT Sports 1

LIVE Essendon v Gold Coast Suns
Sat 10.30am TNT Sports 2

LIVE Carlton v Hawthorn
Sat 4am TNT Sports 2

LIVE Richmond v St Kilda
Sun 6am TNT Sports 1

LIVE Adelaide Crows v Western Bulldogs
Sun 7am TNT Sports 2

LIVE Essendon v Sydney Swans
Fri 10.30am TNT Sports 1

LIVE Gold Coast Suns v Melbourne
Fri 4.30am TNT Sports 1

LIVE GWS Giants v Fremantle
Fri 4.30am TNT Sports 2

BASEBALL

LIVE New York Yankees v Texas Rangers
Sat 6pm TNT Sports 4

LIVE Boston Red Sox v Houston Astros
Sat 9pm TNT Sports 3

LIVE Tampa Bay Rays v Baltimore Orioles
Sat 12m't TNT Sports 2

LIVE New York Yankees v Texas Rangers
Sun 6.30pm TNT Sports 4

LIVE MLB
Sun 12m't TNT Sports 1

LIVE San Francisco Giants v Atlanta Braves
Mon 2.30am TNT Sports 2

LIVE MLB
Tue 12m't TNT Sports 1

LIVE Minnesota Twins v Kansas City Royals
Wed 6pm TNT Sports 2

LIVE Boston Red Sox v Texas Rangers
Wed 11pm TNT Sports 1

LIVE Milwaukee Brewers v Los Angeles Dodgers
Thu 7pm TNT Sports 2

LIVE Philadelphia Phillies v Washington Nationals
Thu 11.30pm TNT Sports 1

LIVE Cincinnati Reds v Kansas City Royals
Fri 7pm TNT Sports 2

LIVE Milwaukee Brewers v Cleveland Guardians
Fri 1am TNT Sports 2

BOXING

LIVE Venado Lopez v Angelo Leo
Sat 2am Sky Sports Action & 4am Sky Sports Main Event
All the action from the bout for the IBF Featherweight world title, which comes from Tingley Coliseum in Albuquerque.

COMBAT SPORTS

LIVE UFC Fight Night Prelims
Sat 10pm TNT Sports 1
The preliminary bouts for UFC Vegas 95.

LIVE Marcin Tybura v Serghei Spivac
Sat 12m't TNT Sports 1
The heavyweight bout at UFC Apex in Las Vegas, plus the undercard for UFC Vegas 95.

CRICKET

LIVE Southern Brave Women v Trent Rockets Women
Sat 10.30am Sky Sports Cricket

LIVE Southern Brave Men v Trent Rockets Men
Sat 2pm Sky Sports Cricket; 2.15pm BBC2

LIVE Welsh Fire Women v Birmingham Phoenix Women
Sat 2pm Sky Max

LIVE West Indies v South Africa
Sat & Sun 2.30pm TNT Sports 2
Coverage of the first Test in the two-match series staged at Queen's Park Oval in Trinidad and Tobago.

LIVE GT20 Cricket
Sat 4.45pm TNT Sports 3
The second qualifier play-off.

LIVE Welsh Fire Men v Birmingham Phoenix Men
Sat 5.30pm Sky Sports Cricket

LIVE Oval Invincibles Women v London Spirit Women
Sun 10.30am Sky Sports Cricket

LIVE Oval Invincibles Men v London Spirit Men
Sun 2pm Sky Sports Cricket

LIVE Manchester Originals Women v Northern Superchargers Women
Sun 2.25pm Sky Showcase

LIVE GT20 Cricket
Sun 4.45pm TNT Sports 3
Coverage of the final.

LIVE Manchester Originals Men v Northern Superchargers Men
Sun 5.30pm Sky Sports Cricket & 6pm Sky Sports Main Event

LIVE Birmingham Phoenix Women v Trent Rockets Women
Mon 2.30pm Sky Sports Main Event, Sky Sports Cricket & Sky Sports+

LIVE Birmingham Phoenix Men v Trent Rockets Men
Mon 6pm Sky Sports Main Event & Sky Sports Cricket

LIVE Northern Superchargers Women v London Spirit Women
Tue 2.30pm Sky Sports Main Event, Sky Sports Cricket & Sky Sports Mix; 2.45pm BBC2

LIVE Northern Superchargers Men v London Spirit Men
Tue 6pm BBC2, Sky Sports Cricket & Sky Sports Mix

LIVE Southern Brave Women v Welsh Fire Women
Wed 11am Sky Sports Main Event, Sky Sports Cricket & Sky Sports +

LIVE Southern Brave Men v Welsh Fire Men
Wed 2.30pm Sky Sports Main Event & Sky Sports Cricket

LIVE Trent Rockets Women v Oval Invincibles Women
Wed 2.55pm Sky Sports Mix & Sky Showcase

LIVE Trent Rockets Men v Oval Invincibles Men
Wed 6pm Sky Sports Cricket & Sky Sports Mix; 6.15pm BBC2

LIVE Birmingham Phoenix Women v Manchester Originals Women
Thu 2.30pm Sky Sports Main Event &Sky Sports Cricket

LIVE West Indies v South Africa
Thu & Fri 2.30pm TNT Sports 1
Coverage of daays one and two of the second Test in the two-match series, held at Guyana National Stadium in Providence.

LIVE Birmingham Phoenix Men v Manchester Originals Men
Thu 6pm Sky Sports Main Event & Sky Sports Cricket

CYCLING

LIVE Tour de France Femmes
Mon 11am, Tue 8.30am & 2.30pm, Wed-Fri 12.30pm Euro1
Stages one to six. See p29.

LIVE Tour of Denmark
Wed-Fri 3.30pm Euro1
Coverage of stages one to three.

GOLF

LIVE Wyndham Championship
Sat 12.45pm Sky Sports Golf & 8.30pm Sky Sports Main Event; Sun 12.45pm Sky Sports Golf, 1pm Sky Sports+ & 9pm Sky Sports Main Event
Days three and four of the PGA Tour event at Sedgefield Country Club in Greensboro, North Carolina.

LIVE Czech Masters
Thu & Fri 12noon Sky Sports Main Event & Sky Sports Golf
Coverage of days one and two of the DP World Tour event from PGA National OAKS Prague.

LIVE St Jude Championship
Thu 1pm Sky Sports+, 5pm Sky Sports Golf & 9.30pm Sky Sports Main Event; Fri 1pm Sky Sports+, 5pm Sky Sports Golf & 7pm Sky Sports Golf
Coverage of days one and two of the PGA Tour event, held at TPC Southwind in Memphis, Tennessee.

LIVE Women's Scottish Open
Thu & Fri 3pm Sky Sports+ & Sky Sports Mix
Days one and two of the Ladies European Tour event, staged at Dundonald Links in Ayrshire.

Sport A-Z and football planner >>>

OLYMPICS SPECIAL
This weekend's live action

GB's Cindy Sember aims for a medals in the 100m hurdles

ATHLETICS
Saturday 10 August
7am Men's Marathon. **6.10pm** Men's High Jump Final. **6.25** Men's 800m Final. **6.40** Women's Javelin Throw Final. **6.45** Women's 100m Hurdles Final. **7.00** Men's 5000m Final. **7.25** Women's 1,500m Final. **8.12** Men's 4 x 400m Relay Final. **8.22** Women's 4 x 400m Relay.
Sunday 11 August
7am Women's Marathon.
BBC/Eurosport/Discovery+

BASKETBALL
Saturday 10 August
10am Men's Bronze Medal Game. **8.30pm** Men's Gold Medal Game.
Sunday 11 August
10.30am Women's Bronze Medal. **2.30pm** Women's Gold Medal.
BBC/Eurosport/Discovery+

BOXING
Saturday 10 August
8.30pm Women's 57kg – Final. **8.47** Men's 57kg . **9.16** Women's 75kg. **9.51** Men's +92kg.
BBC/Eurosport/Discovery+

CANOE SPRINT
Saturday 10 August
9.30am Women's Kayak Single 500m Semi-finals. **10.10** Men's Kayak Single 1000m Semi-finals. **10.40** Women's Canoe Single 200m Semi-finals. **11.40** Women's Kayak Single 500m Finals. **12.10pm** Men's Kayak Single 1000m Finals. **12.40** Women's Canoe Single 200m Finals.
BBC/Eurosport/Discovery+

CYCLING TRACK
Saturday 10 August
4pm Women's Sprint, 1/8 Finals. **4.19pm** Men's Keirin, First Round. **4.50** Women's Sprint, 1/8 Final Repechages. **4.59** Men's Madison, Final. **6.07** Women's Sprint, QF. **6.21** Men's Keirin, Repechages
Sunday 11 August
10am Women's Omnium, Scratch Race 1/4. **10.22** Women's Sprint, Semi-finals. **11.29** Men's Keirin, Semi-finals. **11.45** Women's Sprint, Finals. **11.53** Women's Omnium, Elimination Race 3/4. **12.23pm** Men's Keirin, Finals. **12.56** Women's Omnium, Points Race 4/4.
BBC/Eurosport/Discovery+

DIVING
Saturday 10 August
2pm Men's 10m Platform Final.
BBC/Eurosport/Discovery+

FOOTBALL
Saturday 10 August
4pm Women's Gold Medal Match.
BBC/Eurosport/Discovery+

GOLF
Saturday 10 August
8am Women's Individual Round 4.
BBC/Eurosport/Discovery+

HANDBALL
Saturday 10 August
9am Women's Bronze Medal. **2pm** Women's Gold Medal Match.
Sunday 11 August
8am Men's Bronze Medal Match. **12.30pm** Men's Gold Medal Match.
BBC/Eurosport/Discovery+

RHYTHMIC GYMNASTICS
Saturday 10 August
1pm Group All-Around Final.
BBC/Eurosport/Discovery+

SPORT CLIMBING
Saturday 10 August
9.15am Women's Boulder & Lead, Final Boulder. **11.35** Women's Boulder & Lead, Final Lead.
BBC/Eurosport/Discovery+

TABLE TENNIS
Saturday 10 August
9am Women's Team Bronze Medal. **2pm** Women's Team Gold Medal.
BBC/Eurosport/Discovery+

WATER POLO
Saturday 10 August
9.35am Women's Bronze Medal. **2.35** Women's Gold Medal Match.
Sunday 11 August
9.35am Men's Bronze Medal Match. **1pm** Men's Gold Medal Match.
BBC/Eurosport/Discovery+

VOLLEYBALL
Saturday 10 August
12noon Men's Gold Medal Match.
Sunday 11 August
12noon Women's Gold Medal match.
BBC/Eurosport/Discovery+

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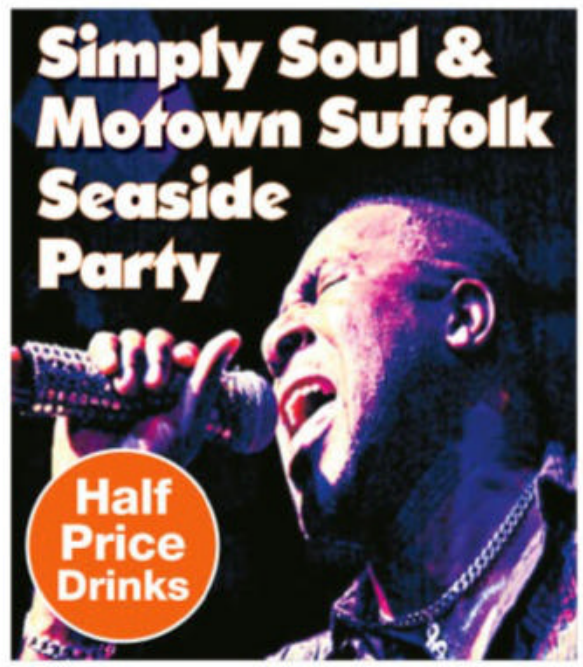
- Badness - Madness tribute
- Joey & The Jivers
- The Graduates
- Hitzville's Drifters tribute
- The Dreamers
- Destiny Michelle as Forever Donna Summer
- House Band Sounds Imperial
- The GN A Team



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- Evah Morgan's RESPECT show
- Sing Baby Sing's Stylistics tribute
- Maxine Mazumder as Dusty
- Dominic Uppiah
- Destiny Michelle as Whitney Houston
- Hayley Ria Christian Singing From The Soul

Pakefield Holiday Village Lowestoft - self drive to resort

3 nights from £209PP - 1 Nov 2024

- Showaddywaddy
- Blondied
- The Original Jukebox Heroes
- The Ed Sheeran Experience & band
- Mark Summers Elvis Legacy & band
- Destiny Michelle's Ultimate Divas show
- Carnaby Street
- Jeff Brown (ex Sweet)
- Memories of the Four Tops
- Red Mick - Mick Hucknall & Simply Red tribute
- House Band Sounds Imperial
- The GN A Team

Sand Bay Holiday Village Somerset - self drive to resort

4 nights from £299PP - 12 May 2025

- James Williams Showband
- Genesis Connected - tribute to Genesis, Phil Collins & Mike & The Mechanics
- The Remakes
- Little Miss 60s
- The Hijacked Hollies
- Little Eagle
- Showmaddymaddy - comedy band
- Badness - Madness tribute
- Affinity Soul featuring Destiny Michelle
- New Amen Corner
- The Revolvers
- Glen Leon as the voice of Tom Jones
- Red Mick Mick Hucknell & Simply Red tribute
- Hayley Ria Christian as Gladys Knight
- Uche Eke
- The GN A Team

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HORSE RACING

LIVE Ascot
Sat 1.10pm ITV4
Coverage of the Shergar Cup from Ascot. Plus, action from Haydock Park and Newmarket.

LIVE Racing League
Thu 4.45pm ITV4
Week four from Windsor.

MOTORCYCLING

LIVE British Superbikes
Sat & Sun 1pm Quest
Coverage of both days of the seventh round of the season, held at Thruxton.

LIVE Belle Vue Aces v King's Lynn Stars
Mon 7.30pm Euro2
Coverage of the British Speedway Premiership meeting from the National Speedway Stadium.

LIVE Swedish Speedway
Tue 6pm Premier Sports 2
Coverage of an Elitserien meeting.

LIVE MotoGP
Fri 8am & 12.15pm TNT Sports 2
Coverage of the free practice sessions for the Grand Prix of Austria, the 11th round of the season at Red Bull Ring in Spielberg.

MOTORSPORT

LIVE British Touring Car Championship
Sun 11.10am ITV4
Coverage of round seven from Knockhill, where the 19th, 20th and 21st races of the season take place.

LIVE NASCAR
Sun 10.30pm Premier Sports 2
The Cook Out 400 at Richmond Raceway in Richmond, Virginia.

LIVE MotoE
Fri 3.45pm TNT Sports 2
The Grand Prix of Austria qualifying session at Red Bull Ring in Spielberg.

LIVE Indycar
Fri 11pm Sky Sports F1
The Bommarito Automotive Group 500 first practice session.

POOL

LIVE European Open
Sat 11am & 5.30pm Sky Sports Mix; Sun 11am & 5.30pm Sky Sports Action

LIVE Ultimate Pool
Mon 6.30pm TNT Sports 1

RUGBY LEAGUE

LIVE Canberra Raiders v Manly Sea Eagles
Sat 6am Sky Sports Mix

LIVE North Queensland Cowboys v Brisbane Broncos
Sat 8.30am Sky Sports Mix

LIVE Leeds Rhinos v Wigan Warriors
Sat 2.30pm Sky Sports Action (kick-off 3pm)
Super League match staged at Headingley Rugby Stadium.

LIVE North Queensland Cowboys v Parramatta Eels
Sat 3am Sky Sports Mix

LIVE Brisbane Broncos v Gold Coast Titans
Sat 4.45am Sky Sports Mix

LIVE Newcastle Knights v Wests Tigers
Sun 7.05am Sky Sports Main Event & Sky Sports Action

LIVE Newcastle Knights v St George Illawarra Dragons
Sun 9.10am Sky Sports Action

LIVE Penrith Panthers v Melbourne Storm
Thu 10.50am Sky Sports Action

LIVE Brisbane Broncos v Canberra Raiders
Fri 2am Sky Sports Action

LIVE North Queensland Cowboys v Gold Coast Titans
Fri 3.45am Sky Sports Action

RUGBY UNION

LIVE Australia v South Africa
Sat 5.35am Sky Sports Main Event & Sky Sports Action (kick-off 5.45am) The Rugby Championship match from Brisbane, kicking off early on Saturday morning. See p29.

LIVE New Zealand v Argentina
Sat 7.55am Sky Sports Main Event & Sky Sports Action (kick-off 8.05am)
Both teams' opening Rugby Championship match at Wellington Regional Stadium. See p29.

LIVE Western Province v Cheetahs
Sat 6.05pm Sky Sports Action

LIVE Bay of Plenty v Counties Manukau
Wed 8am Sky Sports Action

LIVE Otago v Auckland
Fri 8.05am Sky Sports Action

LIVE Pumas v Bulls
Fri 1.55pm Sky Sports Action

TENNIS

LIVE Irish Open
Sat 9am & 1.30pm Premier Sports 2; Sun 11am Premier Sports 2
Coverage of the semi-finals and final of the tournament at Carrickmines Lawn Tennis Club in Dublin.

LIVE Canadian Open
Sat 5.30pm Sky Sports Tennis, 7.30pm Sky Sports+ & Sat 11pm Sky Sports Main Event
Coverage of the WTA and ATP tournaments which are staged in Toronto and Montreal, respectively.

LIVE WTA Canadian Open
Sun 6pm & 11pm Sky Sports+ & Sky Sports Tennis, 11pm Sky Sports Main Event; Mon 11pm Sky Sports Main Event & Sky Sports Tennis
Coverage of the event staged at Sobeys Stadium in Toronto.

LIVE ATP Canadian Open
Sun 8pm & 1am Sky Sports Tennis, 8.30pm & 1am Sky Sports+, 1am Sky Sports Main Event; Mon 12.30am Sky Sports+, 1am Sky Sports Main Event & Sky Sports Tennis
Coverage of the event staged at IGA Stadium in Montreal, Canada.

LIVE Cincinnati Open
Tue-Fri 4pm Sky Sports Tennis; Tue 4pm & 11pm Sky Sports+, 10.30pm Sky Sports Main Event; Wed 4pm & 10.45pm Sky Sports+, 10.45pm Sky Sports Main Event; Thu 7pm Sky Sports+ & 11pm Sky Sports Main Event; Fri 7pm Sky Sports+ & Fri 11pm Sky Sports Main Event
Coverage of the WTA 1000 and ATP 1000 event, a hard court tournament at Lindner Family Tennis Centre in Mason, Ohio.

Football planner

LIVE CHAMPIONSHIP

Oxford United v Norwich City

Saturday, kick-off 12.30pm, Sky Sports Football & Sky Sports Main Event

Newly promoted Oxford begin their campaign at home, where new signing, Poland winger Przemysław Płacheta, could face his former club. All of this weekend's EFL matches are available on Sky Sports+.

LIVE EFL CUP

Sheffield United v Wrexham

Tue, k-o 8pm, Sky Sports Football

After their red-carpet summer tour of the USA, League One's Wrexham are back to reality as new signings Seb Revan and Callum Burton travel to South Yorkshire for this first-round League Cup clash. This season, all EFL Cup ties will be available to stream on Sky Sports+.

LIVE LA LIGA

Athletic Bilbao v Getafe

Thursday, kick-off 6pm, Premier Sports 1

If you were impressed by Spain's Euro 2024 triumph, you won't want to miss the opening match of the new La Liga campaign. Bilbao finished fifth last season, but star winger Nico Williams is rumoured to be leaving the club.

Saturday 10

LIVE Oxford United v Norwich City
11am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
The Championship match from the Kassam Stadium.

LIVE Leeds United v Portsmouth
12.20pm Sky Sports+ (kick-off 12.30pm)
Coverage of the Championship match from Elland Road.

LIVE Manchester United v Manchester City
2.15pm ITV1 (kick-off 3pm)
The Community Shield match at Wembley Stadium. See p29.

LIVE Bayer Leverkusen v Real Betis
2.25pm Premier Sports 1 (kick-off 2.30pm)

LIVE Milton Keynes Dons v Bradford City
2.45pm Sky Sports Main Event & Sky Sports Football (kick-off 3pm)
Coverage of the League Two match.

LIVE Harrogate Town v Bromley
2.45pm Sky Sports+ (kick-off 3pm)
Coverage of the League Two match.

LIVE Dundee v Hearts
5pm Premier Sports 1 (kick-off 5.30pm)
The Scottish Premiership match.

LIVE Birmingham City v Reading
5.15pm Sky Sports Main Event & Sky Sports Football (kick-off 5.30pm)
Coverage of the League One game.

LIVE Wrexham v Wycombe Wanderers
5.15pm Sky Sports+ (kick-off 5.30pm)
The League One match.

LIVE Tottenham Hotspur v Bayern Munich
5.15pm TNT Sports 1 (kick-off 5.30pm)
The pre-season friendly match at Tottenham Hotspur Stadium.

LIVE Coppa Italia
5.25pm Premier Sports 2 (kick-off 5.30pm)
Coverage of a first-round match.

LIVE Napoli v Modena
8.10pm Premier Sports 2 (kick-off 8.15pm)
The Coppa Italia first-round match.

Sunday 11

LIVE Hibernian v Celtic
11.30am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
The Scottish Premiership match.

LIVE Sheffield Wednesday v Plymouth Argyle
3.15pm Sky Sports Main Event & Sky Sports Football (kick-off 4pm)
The Championship fixture.

LIVE Aberdeen v Rangers
4pm BBC Alba (kick-off 4.10pm)
Coverage of the SWPL match.

LIVE Briton Ferry Llansawel v Penybont
5pm S4C (kick-off 5.10pm)

LIVE Parma v Palermo
5.25pm Premier Sports 1 (kick-off 5.30pm)

LIVE Torino v Cosenza
8.10pm Premier Sports 1 (kick-off 8.15pm)

Monday 12

LIVE Coppa Italia
5.25pm Premier Sports 1 (kick-off 5.30pm)
Coverage of a first-round match.

LIVE Luton Town v Burnley
7.30pm Sky Sports Main Event, Sky Sports Football & Sky Sports+ (kick-off 8pm)
The Championship game.

LIVE Coppa Italia
8.10pm Premier Sports 1 (kick-off 8.15pm)
Coverage of a first-round match.

Tuesday 13

LIVE Sheffield United v Wrexham
7pm Sky Sports Football (kick-off 8pm)
The EFL Cup first-round tie.

LIVE Rangers v Dynamo Kyiv
7.30pm BBC Scotland (kick-off 7.45pm)
The Champions League third qualifying-round second-leg tie.

LIVE Preston North End v Sunderland
7.35pm Sky Sports+ (k-o 7.45pm)
The EFL Cup first-round tie.

Wednesday 14

LIVE Real Madrid v Atalanta
7pm TNT Sports 1 (kick-off 8pm)
UEFA Super Cup action. See p29.

LIVE Leeds United v Middlesbrough
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The EFL Cup first-round match.

LIVE Hull City v Sheffield Wednesday
7.35pm Sky Sports+ (kick-off 7.45pm)
The EFL Cup first-round tie.

Thursday 15

LIVE Athletic Bilbao v Getafe
5pm Premier Sports 1 (kick-off 6pm)

LIVE Real Betis v Girona
8pm Premier Sports 1 (kick-off 8.30pm)

Friday 16

LIVE Celta Vigo v Alaves
5pm Premier Sports 1

LIVE Manchester Utd v Fulham
6.30pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm)
The opening Premier League match from Old Trafford. See p28.

LIVE Coventry City v Oxford United
7.30pm Sky Sports Football (kick-off 8pm)
The Championship match.

LIVE SSV Ulm v Bayern Munich
7.40pm Premier Sports 2 (kick-off 7.45pm)

LIVE Las Palmas v Sevilla
8pm Premier Sports 1 (kick-off 8.30pm)

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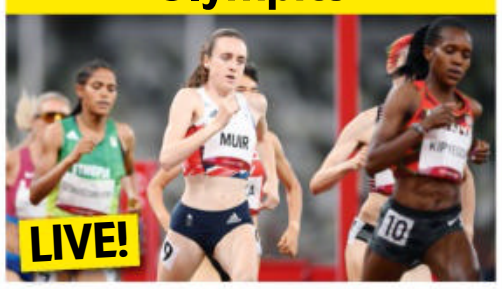
Saturday

10 August

Evening Planner

Olympics

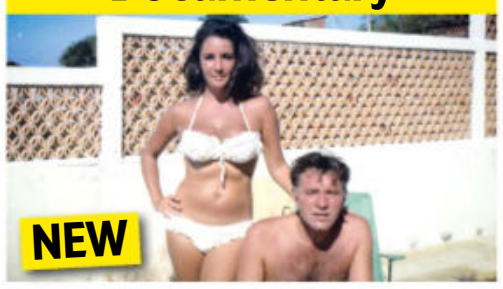


Athletics
BBC1, 5.50pm
The penultimate night of the Games will be one the busiest – Laura Muir should be running in the women's 1500m final.

Football

Community Shield
ITV1, kick-off 3pm
This year's English season curtain-raiser is a repeat of May's all-Manchester FA Cup final – United v City at Wembley.

Documentary



Elizabeth Taylor: The Lost Tapes
Sky Documentaries, 9pm
Recently discovered audio tapes tell the complex life story of the Hollywood star.

Comedy

Changing Ends
ITV1, 9.45pm
The young Alan decides to run away from home – just as his football manager dad is preparing for his most important game.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	◂ 5.50 Olympics: Paris 2024 – Live: Coverage as the athletics concludes with eight finals plus boxing, pentathlon and taekwondo						10.00 News	10.20 Olympics: Paris 2024...
102 BBC2		7.20 Pointless Celebrities		8.10 Casualty	9.00 Weather Hits at the BBC			
103 ITV1	◂ 6.05 Film: Harry Potter and the Order of the Phoenix			8.40 The 1% Club		9.45 Changing...	10.10 Piglets	10.35 Love &...
104 CHANNEL 4	7.00 WW2: Women on the Frontline		8.00 Britain's Most Beautiful Road		9.00 Film: John Wick: Chapter 3 – Parabellum			
105 CHANNEL 5	◂ 6.05 Bradley...	7.30 St James's Palace: The Secret Royal Residence			9.00 Sandringham: A Royal Residence with...		10.00 Greatest TV Moments of the 80s	
106 SKY SHOWCASE	7.00 Secrets of Great British Castles		8.00 An Idiot Abroad 2		9.00 Film: Ocean's Eleven			
ENTERTAINMENT								
115 BBC3	7.00 EastEnders		8.00 Glow Up: Britain's Next Make-Up Star		9.00 Canada's Drag Race: Canada vs the...		10.00 Two Pints of Lager and a Packet of...	
116 BBC4	7.00 Strictly Come Dancing		8.00 Bruce Forsyth's Generation Game		9.00 Lily Savage's...	9.30 The Fight for Saturday Night		
118 ITV2	7.00 Celebrity Catchphrase		8.00 Film: Tomb Raider					10.30 Family Guy
136 MORE4	◂ 6.55 Four in a Bed		8.00 24 Hours in A&E					
135 E4		7.20 Film: Men in Black II			9.00 Celebrity Gogglebox		10.00 Gogglebox	
107 SKY WITNESS	7.00 Nothing to Declare				9.00 The Rookie		10.00 FBI	
108 SKY ATLANTIC	◂ 6.55 The Sopranos		7.55 Game of Thrones					
110 GOLD	◂ 6.40 The Vicar of...	7.35 Only Fools and Horses			9.10 Mrs Brown's Boys			10.30 The Lenny...
111 U&DAVE		7.20 Gavin & Stacey				9.20 Not Going Out		10.20 Not Going Out...
119 ITV3	7.00 Agatha Christie's Poirot				9.00 Grantchester			
120 ITV4	◂ 5.00 World Series of Darts: New South Wales Masters				9.00 English Football League Highlights			
112 COMEDY CENTRAL	7.00 Film: Robin Hood: Men in Tights				9.00 Film: Walk Hard: The Dewey Cox Story			
139 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 Film: Doomsday Meteor			
113 SKY MAX	7.00 Freddie Fries Again		8.00 An Idiot Abroad 2		9.00 Agatha Raisin			
109 ALIBI	7.00 Death in Paradise		8.00 Shakespeare & Hathaway		9.00 Death in Paradise		10.00 Dark Winds	
130 SKY ARTS	◂ 5.30 The Who: Live at Hyde...	7.45 Queen: Days of Our Lives						10.20 Queen – Live at...
132 U&W	7.00 Miranda				9.00 The Catherine Tate Show			
DOCUMENTARY								
125 DISCOVERY	7.00 Deadliest Catch		8.00 Hoffman Family Gold		9.00 In the Eye of the Storm		10.00 Expedition Unknown	
162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Guardians of Rescue		9.00 Animal Cops Houston		10.00 Alaskan Bush People	
129 NAT GEO	7.00 World War II: Secrets from Above		8.00 Inside the SS				10.00 No Man Left Behind	
123 SKY HISTORY	7.00 Beyond the Myth: The SS Unveiled				9.00 Greatest Heists with Pierce Brosnan			
155 U&YESTERDAY	7.00 Great Continental and Indian Railway Journeys				9.00 Jay's Yorkshire Workshop			10.20 One Foot in the Grave
121 SKY DOCS	◂ 6.45 Film: Robin Williams: Come Inside My Mind				9.00 Elizabeth Taylor: The Lost Tapes			
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.05 Mean Girls		8.00 Night Swim			9.45 Jericho Ridge		
302 ADVENTURE	◂ 6.00 The Huntsman: Winter's War		8.00 Ocean's Eleven				10.00 Last Action Hero	
303 BLOCKBUSTERS	◂ 6.25 The Dictator		8.00 Mission: Impossible II					10.15 Love Actually
304 BRUCE LEE	◂ 6.00 Fist of Fury		8.00 The Way of the Dragon				9.55 Enter the Dragon	
305 ANIMATION		7.15 Hotel Transylvania 2			8.50 Hotel Transylvania 3: Summer Vacation			10.30 Inseparables
306 FAMILY	◂ 5.55 Dungeons & Dragons: Honour Among Thieves		8.10 Robo-Dog: Airborne			9.40 The Portable Door		
307 ACTION	◂ 5.55 San Andreas		8.00 Looper				10.10 Mad Max	
308 COMEDY	◂ 6.20 Am I OK?		8.00 Barbie				10.10 Talladega Nights: The Ballad...	
309 THRILLER	◂ 6.15 The Hurricane Heist		8.00 Ferrari					10.25 Extremely Wicked...
310 DRAMA	◂ 5.30 I Wanna Dance with Somebody		8.00 A Beautiful Mind					10.25 Allied
311 SCI-FI	◂ 6.00 The Adjustment Bureau		8.00 I Am Legend			9.45 Something in the Dirt		
313 FILM4	◂ 6.55 The Nanny Diaries				9.00 Déjà Vu			
SPORT								
401 MAIN EVENT	◂ 5.15 EFL – Live: Birmingham City v Reading (Kick-off 5.30)			8.30 PGA Tour Golf – Live: The Wyndham Championship				
402 PREMIER LEAGUE	◂ 5.00 Gillette Labs Soccer Saturday		8.00 Premier League Years				10.00 Class of '92: Full Time	
403 FOOTBALL	◂ 5.15 EFL – Live: Birmingham City v Reading (Kick-off 5.30)			8.30 EFL				10.30 EFL Highlights
404 CRICKET	◂ 5.30 The Hundred – Live: Welsh Fire Men v Birmingham Phoenix Men (Start-time 6.00)				9.00 The Hundred Bitesize		10.00 The Hundred	
410 TNT SPORTS 1	◂ 5.15 Pre-Season...	7.30 PL Preview		8.30 The Fantasy...	9.00 UFC: The Ultimate Fighter		10.00 UFC – Live: The preliminary bouts	
411 TNT SPORTS 2	◂ 2.30 Test Cricket – Live: West Indies v South Africa							

◂ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
6.45 LIVE **Olympics: Paris 2024** Coverage of events on the penultimate day, featuring the men's marathon, which begins at **8.00**. Plus, sport climbing, canoe sprint and golf. *See feature, page 6.* (S)
11.00 LIVE **Olympics: Paris 2024** Further coverage, featuring climbing from **11.35**, kayaking from **11.40** and the group all-around rhythmic gymnastics final at **1.00**. (S)
1.15 PM **BBC News** (S)
1.30 LIVE **Olympics: Paris 2024** Hazel Irvine introduces further coverage of day 15, with medals to be decided in the men's diving, track cycling, women's golf and group rhythmic gymnastics. (S)
5.30 **BBC News** (S)
5.40 **Local News** (S)

1.30 Olympics: Paris 2024

6 PM
5.50 LIVE **Olympics: Paris 2024** Clare Balding and Gabby Logan introduce further coverage of the 15th and penultimate day, fetauring the busiest night of the Games. The athletics concludes with eight finals at the Stade de France, including the men's high jump at **6.10**, men's 800m at **6.25**, women's javelin from **6.40**, women's 100m hurdles at **6.45**, men's 5,000m at **7.00**, women's 1500m at **7.25**, men's 4x400m relay at **8.12** and women's 4x400m relay at **8.22**. Plus, Britain go for glory in boxing, pentathlon and taekwondo. *See feature, page 6.* (S)

7 PM

8 PM

9 PM

10 PM
10.00 **BBC News** (S)
10.20 **Olympics: Paris 2024 – Tonight at the Games** A review of the 15th and penultimate day, with 39 more champions crowned across 21 sports, including boxing, athletics, modern pentathlon and track cycling. (S)
11.40 FILM **Shadow in the Cloud** World War Two horror starring Chloë Grace Moretz and Nick Robinson. A bomber transporting a female pilot with top secret documents is haunted by a sinister presence. (S) (2020, 15, 75min) ★★★
12.55 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.00 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.45 AM **Breakfast** (S)
8.00 **One Zoo Three** (S)(R)
8.20 **Blue Peter** (S)(R)
8.50 **Newsround** New edition (S)
9.00 **Gardeners' World** (S)(R)
10.00 **Saturday Kitchen: Matt's Dream Dishes** New edition (S)
11.30 **The Hairy Bikers' Chicken and Egg** Southern fried chicken. (S)(R)(AD)
12.35 PM FILM **The Man Who Never Was** World War Two thriller with Clifton Webb and Gloria Grahame. (S) (1956, U, 100min) ★★★
2.15 LIVE **Cricket: The Hundred** Southern Brave v Trent Rockets: The men's match from the Utilita Bowl in Southampton. (S)
5.30 LIVE **Olympics: Paris 2024** The typically frantic 200-lap men's madison final continues. (S)
5.50 **Flog It!** From St Albans. (S)(R)

9.00 Weather Hits at the BBC

6.20 **Celebrity Antiques Road Trip** Radio broadcasters Mark Radcliffe and Edith Bowman dip their toes into the world of antiques under the expert guidance of Natasha Raskin Sharp and Paul Martin. (S)(R)
7.20 **Pointless Celebrities** Sherrie Hewson, Lisa Maxwell, Christine Ohuruogu, Bianca Williams, Luba Mushtuk, Wayne Sleep, Priya Hall and Leila Navabi compete in the star-studded quiz. (S)(R)
8.10 **Casualty** *All for Love:* A desperate Jacob faces another dead end in his search for Blake, while Siobhan has a shocking revelation, and Tariq's rogue behaviour causes problems. (S)(AD)
9.00 NEW **Weather Hits at the BBC** BBC forecasters Tomasz Schafernaker and Carol Kirkwood present a selection of performances of weather-related songs from the BBC archives, including Bill Withers performing *Ain't No Sunshine* and *Why Does It Always Rain on Me?* by Travis. (S)
11.30 **TOTP2: Summertime Special** Featuring songs by Fun Boy Three, The Undertones, Bryan Adams, Girls Aloud and ELO. (S)(R)
12.30 AM FILM **Love & Mercy** Biopic of the Beach Boys' singer-songwriter Brian Wilson, following his creative peak and declining mental health in later years. Stars John Cusack, Paul Dano and Paul Giamatti. (S) (2014, 12, 115min) ★★★★
2.25 **to 6.50** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Simply Raymond Blanc** (S)(R)
6.50 **Love Your Weekend with Alan Titchmarsh** Talk show. (S)(R)
8.25 **The Chris McCausland Show** New edition With Taj Atwal. (S)(AD)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** With Kaye Adams. (S)(R)
11.40 **Jason Atherton's Dubai Dishes** New edition Dubai Creek. (S)(AD)
12.35 PM **James Martin's French Adventure** Bresse. (S)(R)(AD)
1.05 **Cooking with the Stars** (S)(R)
2.05 **ITV News** (S)
2.15 LIVE **Football: FA Community Shield** Manchester United v Manchester City: Coverage of the traditional curtain-raiser to the top-flight campaign at Wembley Stadium. Kick-off is at 3.00. (S)
5.40 **ITV News** (S)

9.45 Changing Ends

6.00 **Local News** (S)
6.05 FILM **Harry Potter and the Order of the Phoenix** Fantasy adventure sequel based on JK Rowling's book, starring Daniel Radcliffe, Rupert Grint and Emma Watson. Young wizard Harry Potter clashes with a tyrannical new teacher and begins secretly teaching a small band of students how to defend themselves against the Dark Arts. With Imelda Staunton, Gary Oldman and Robbie Coltrane. (S)(AD) (2007, 12, 155min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
8.40 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants in every show having a chance of winning £100,000. (S)(R)(AD)
9.45 **Changing Ends** Series finale *He Thinks It's All Over...* 6/6. Alan makes a drastic decision. (S2) (S)(AD)
■ Entire series on ITVX
10.10 **Piglets** New episode *Tests:* 4/6. Paul gets a final warning. (S1) (S)(AD)
■ Entire series on ITVX
10.35 **Love & Death** New episode *Do No Evil:* 4/7. Allan grows concerned when his repeated calls to Betty go unanswered. (S1) (S)(AD)
■ Entire series on ITVX
11.40 **ITV News** (S)
11.55 **English Football League Highlights** Action from the opening weekend in the EFL. (S)
1.10 AM **Teleshopping**
3.00 **Long Lost Family** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

5.45 AM **Everybody Loves Raymond** 12-14/16. (S9) (S)(R)(AD)
7.00 NEW SERIES **Rising Phoenix: Road to Tokyo** 1/3. Following the journeys of Paralympians from the start of the COVID-19 pandemic to the Tokyo 2020 Paralympics. (S)
7.50 **Frasier** (S8&9) (S)(R)(AD)
8.45 FILM **Wedding March 5: My Boyfriend's Back** Romantic drama. (S) (2019, PG, 105min) ★★★
10.30 **The Simpsons** (S)(R)(AD)
12.50 **Couples Come Dine with Me** From Nottinghamshire. (S)(R)
1.50 **Four in a Bed** Five editions. (S)(R)
4.20 **A Place in the Sun** A search for a holiday home in Tenerife. (S)(R)
5.25 **News** (S)
5.55 **Paris 2024 Paralympics: Meet the Athletes** The life of sprinter Thomas Young. (S)(R)(AD)

8.00 Britain's Most Beautiful Road

6.00 **Raising the Mary Rose: The Lost Tapes** A look back at the raising of Henry VIII's flagship from the Solent in 1982, featuring unseen footage from the excavation of the ship. (S)(R)(AD)
7.00 **WW2: Women on the Frontline** New edition *The War in the Air:* 2/3. This edition tells the story of women who took to the skies to defend their country. (S)(AD)
8.00 **Britain's Most Beautiful Road** New edition 2/4. Members of a remote community in the village of Lochinver set out to revive the tradition of the Assynt Highland Games for the first time in three years. (S)(AD)
9.00 FILM **John Wick: Chapter 3 – Parabellum** Action thriller starring Keanu Reeves and Halle Berry. The seemingly invincible hero returns but this time he has a $14million bounty on his head which rises each hour – and every underworld figure around the world desperate to cash in. With Ian McShane. (S)(AD) (2019, 15, 155min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.35 FILM **Hitman** Action thriller starring Timothy Olyphant. (S)(AD) (2007, 15, 95min) ★★★
1.10 AM FILM **Riders of Justice** Danish action comedy drama starring Mads Mikkelsen. Subtitled. (2021, 15, 120min) ★★★★
3.10 **Ramsay's Kitchen Nightmares USA** From Colorado. (S)(SL)(R)
4.00 **Find It, Fix It, Flog It** (S)(R)
4.10 **to 6.10** AM **Hollyoaks Omnibus** (R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.35 AM **Milkshake!**
8.55 SpongeBob SquarePants (S)(R)
9.05 Entertainment News (S)
9.20 Bargain Loving Brits by the Sea Triple bill of editions. (S)(R)
12.05 PM **Dogs Behaving (Very) Badly** Triple bill. (S)(R)
3.05 Cumbria: The Lakes & the Coast The new manager of Muncaster Castle makes plans to diversify. (S)(R)
4.05 Norfolk and Suffolk: Country & Coast A project to restore Norwich Cathedral's organ nears completion. (S)(R)
5.05 Your Kitchen: 60 Years of Fads & Gadgets The story of Britain's kitchens from the 1980s to the present day, including how the nation began cooking foreign food at home. (S)(R)

9.00 Sandringham

6.00 News (S)
6.05 Bradley Walsh's Greatest Moments The television star gives a personal and honest account of his own life, joined by his nearest and dearest celebrity friends to tell the story of his career. (S)(R)
7.30 St James's Palace: The Secret Royal Residence A look at the history of the royal palace in the City of Westminster, revealing the family dramas that have taken place there since it was built on Henry VIII's order in the 1530s. (S)(R)
9.00 Sandringham: A Royal Residence with Nigel Havers Series finale 3/3. A look at how Elizabeth II prepared for her coronation in 1953. (S)
10.00 Greatest TV Moments of the 80s Matthew Kelly takes a look back at the most popular TV from 1985, featuring *'Allo 'Allo!, Bullseye, Name That Tune* and *Crossroads*. (S)(R)
11.55 Bob Monkhouse: Master of Laughter (S)(R)
1.45 AM **PlayOJO Live Casino Show**
3.45 Henry VIII & Trump: History Repeating? Donald Trump's life is examined side by side with that of Henry VIII. (S)(R)
4.40 House Busters (S)(SL)(R)
5.05 House Doctor (S)(SL)(R)
5.30 to **5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Clifford** (S)(R)(AD)
6.30 Croods Family Tree (S)(R)
7.20 Draw with Will: Video Games Double bill of editions. (S)
7.40 Lego DREAMZzz (S)(R)
8.05 Monkey Life (S)(R)(AD)
9.00 The Simpsons Six episodes of the animation, including at: **11.00** *Moe Baby Blues:* Maggie becomes obsessed with unlikely babysitter Moe. (S)(R) **11.30** *The City of New York v Homer Simpson:* Homer takes the family to New York. (S)(R)
12.00 NOON **Gillette Labs Soccer Saturday** A look ahead to today's football matches.
3.00 PM **Gillette Labs Soccer Saturday** Simon Thomas and guests preside over the day's football action.

9.00 Ocean's Eleven

6.00 Forbidden History Specialists study the inventive tactics employed by the Nazis to indoctrinate and control the will of its citizens. Narrated by Jamie Theakston. (S)(R)
7.00 Secrets of Great British Castles Dan Jones explores the history of Caernarfon Castle, the military importance of which faded at the end of the 15th century. (S)(R)
8.00 An Idiot Abroad 2 2/8. Karl Pilkington boards the Trans-Siberian Express to China. During the journey, he is forced to fight Mongolian wrestlers and makes a detour to a village of dwarves. (S)(R)
9.00 FILM Ocean's Eleven Caper thriller starring George Clooney, Brad Pitt, Julia Roberts, Andy Garcia and Matt Damon. Less than 24 hours after his release from prison on parole, a charismatic thief recruits a team of specialists to rob three Las Vegas casinos on a single night. (S) (2001, 12, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.15 Mr Bigstuff 5/6. Lee takes drastic action when he realises that his past has caught up with him. (S1) (S)(R)(AD)
11.45 The Office (US) 6-10/26. Five episodes. (S6) (S)(R)
2.10 AM **The Force: Manchester** Officers raid a property believed to house a cannabis factory. (R)
3.05 Road Wars (S)(R)
4.00 to **6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.40pm Sportscene: Premiership Highlights (S)(R) **12.40am FILM** Shadow in the Cloud (S) (2020, 15, 75min) ★★★★ **1.55** Weather for the Week Ahead (S) **2.00-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
5.50pm Weatherman Walking: The Welsh Coast (S)(R) **6.20** Wynne's Welsh 80s (S)(R) **6.50-7.20** Ballroom Dreams – Our Lives (S)(R) **9.00** Karl Jenkins: The Composer Behind the Moustache (S)(R) **10.00pm-12.30am NEW** Weather Hits at the BBC (S)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Eisteddfod Genedlaethol Cymru New edition **12.00noon** Eisteddfod Genedlaethol Cymru New edition **2.00pm** Eisteddfod Genedlaethol Cymru New edition **6.05** Eisteddfod Genedlaethol Cymru New edition **7.00** Eisteddfod Genedlaethol Cymru New edition **7.45** Newyddion a Chwaraeon **8.00** Cyngherddau Eisteddfod Genedlaethol New edition **10.15** Y Babell Lên New edition **11.15-11.35pm** Grid

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Reiss panics when Phil demands a return on his investment scheme. **7.30** Reiss lies to Sonia to get out of trouble.
8.00 Glow Up: Britain's Next Make-Up Star 1/6. Eight aspiring make-up artists create looks for Lady Gaga's Haus Labs brand as it launches in Europe.
9.00 Canada's Drag Race: Canada vs the World New edition 4/6. The queens go head-to-head in the first ever no-holds-barred Reading Battles. The guest judge is Samantha Bee.
10.00 Two Pints of Lager and a Packet of Crisps (S4)
11.00 The Vivienne Takes on Hollywood New editions
11.45 Who Stole Tamara Ecclestone's Diamonds?
12.40 AM **Eating with My Ex**
1.10 Two Pints of Lager and a Packet of Crisps
2.10 Virgil Abloh: How to Be Both Documentary.
3.05 to **3.55** AM **The Vivienne Takes on Hollywood**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Strictly Come Dancing** Bruce Forsyth and Tess Daly host the first edition of the dance contest
8.00 Bruce Forsyth's Generation Game Vintage edition of the game show.
9.00 Lily Savage's Blankety Blank With guest June Whitfield, Richard Madeley, Kathy Staff, Andi Peters, Liz Carling and Neil Ruddock.
9.30 The Fight for Saturday Night Former media executive Michael Grade tells a tale of skulduggery and dirty dealings as he explores how TV shows have battled to secure the best viewing figures on a Saturday night.
11.00 Parkinson With guests Bruce Forsyth, Boris Becker and Patrick Kielty. Plus, music from The Corrs.
12.00 M'T **Ruby** With guests Alan Davies and Joanna Lumley.
12.45 AM **Keeping Up Appearances**
1.15 Butterflies
1.45 Strictly Come Dancing
2.45 to **3.50** AM **Parkinson**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 A Place in the Sun
12.30 PM **Location, Location, Location** Double bill.
2.35 Come Dine with Me Five editions from Eastbourne.
5.15 Four in a Bed The first visit of the week is to Guest and the City in Brighton. **5.50** The contestants visit the Farmer's Boy Inn in Longhope, Gloucestershire. **6.20** The third visit of the week is to the *Geanna*, a purpose-built hotel boat.
6.55 Four in a Bed The final visit is to the Sentry Mead B&B on the Isle of Wight. **7.25** The B&Bers meet up to air their grievances.
8.00 24 Hours in A&E A 39-year-old man is rushed in with internal bleeding from his femoral artery. **9.00** A 70-year-old woman is brought in after suffering a suspected stroke, and doctors must decide whether she is still in time to receive life-changing treatment. **10.00** A 50-year-old woman collapses at work following a thunderclap headache.
11.05 8 Out of 10 Cats Does Countdown With Fay Ripley.
12.10 AM **8 Out of 10 Cats Does Countdown Christmas Special** With Catherine Tate.
1.15 24 Hours in A&E
3.20 to **3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Lego Masters Australia**
7.20 FILM Dora and the Lost City of Gold Live-action family adventure starring Isabela Merced. (2019, PG, 102min) ★★★
9.20 Don't Tell the Bride Back-to-back editions.
11.20 Ramsay's Kitchen Nightmares USA
2.20 PM **Modern Family** Back-to-back episodes.
5.20 The Big Bang Theory Four episodes of the US comedy series. (S5)
7.20 FILM Men in Black II Sci-fi action comedy sequel starring Tommy Lee Jones and Will Smith. When an evil alien threatens Earth, top MIB agent Jay needs the help of his amnesiac former partner Kay to save the planet. (2002, PG, 88min) ★★★
9.00 Celebrity Gogglebox Famous faces appraise *The Masked Dancer, Friends: The Reunion* and *Jurassic Park*.
10.00 Gogglebox Opinions on *Planet Earth III* and *Mamma Mia! I Have a Dream*.
11.05 Gogglebox The armchair critics share thoughts on *The Crown* and *Survivor*.
12.05 AM **First Dates**
2.10 Gogglebox
4.00 Ramsay's Kitchen Nightmares USA
4.50 to **6.00** AM **Don't Tell the Bride**

+1 hour 235/236 | 306 | 30 | 123

Saturday primetime

SATURDAY Entertainment

Saturday

Sky Witness

107 807 110 341 356

6.00 AM **Motorway Patrol**
9.00 **Brit Cops: Rapid Response**
10.00 **Border Patrol** Four editions.
12.00 NOON **Customs UK** The cutter *Searcher* looks for smugglers off the coast of Cornwall. **12.30** PM In Cornwall, a ship's captain lies about the number of cigarettes he has on board.
1.00 PM **Bondi Rescue** Triple bill following the work of lifeguards patrolling Bondi Beach.
2.30 **Nothing to Declare** Nine editions following the work of customs officers in Australia.

10.00 FBI

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM
9.00 **The Rookie** *Crushed:* 7/10. When two teenagers go missing, the team uncover the truth about their disappearance. (S6)

10 PM
10.00 **FBI** *This Land Is Your Land:* 8/22. Maggie and OA lead the search for a former biological weapons chemist. (S1)
11.00 **Law & Order: Special Victims Unit** 11/22. Benson tries to help the gang member who attacked her. (S24)
12.00 M'T **Fire Country** 7/10. (S2)
1.00 AM **The Cleaning Lady** (S2)
2.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Urban Secrets**
9.15 **Riviera** Five episodes of the drama series, including at: **1.35** PM 6/10. Georgina confesses to Jeff. (S2)
2.40 **The Sopranos** 8/13. Rumours spread of an FBI clampdown. **3.40** 9/13. Carmela learns Junior's intimate secrets. **4.45** 10/13. Tony's henchmen kill a Colombian drug dealer. **5.50** 11/13. Tony suspects Big Pussy is an informant. **6.55** 12/13. Tony suspects Big Pussy is an informant. (S1)

2.40 The Sopranos

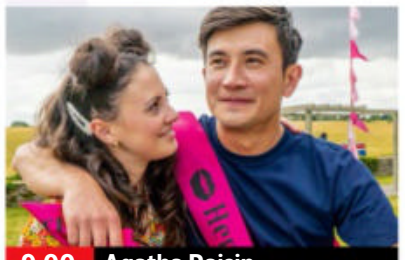
7.55 **Game of Thrones** *The Laws of Gods and Men:* 6/10. Stannis and Davos arrive in Braavos, while Yara Greyjoy leads a band of Ironborn on a mission to rescue her brother.
9.00 **Game of Thrones** *Mockingbird:* 7/10. Tyrion enlists an unlikely ally and Jon's warnings about the Wall fall on deaf ears.
10.05 **Game of Thrones** *The Mountain and the Viper:* 8/10. Littlefinger and Sansa are questioned about Lysa's death. (S4)
11.10 **Game of Thrones** 9/10. Jon and the Night's Watch face their biggest challenge. (S4) **12.15** AM 10/10. Tyrion receives a visit from Jaime. (S4)
1.30 **The Leftovers** 2/8. (S3)
2.45 **Watchmen** 8/9. (S1)
4.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Highway Patrol**
6.30 AM **Supergirl** 6-9/20. (S1)
10.30 **Grimm** 19-22/22. (S5)
2.25 PM **LIVE Cricket: The Hundred** Welsh Fire v Birmingham Phoenix: The women's match from Sophia Gardens in Cardiff.
5.30 **Football's Funniest Moments** Comical soccer incidents.
6.00 **A Discovery of Witches** 5/7. Benjamin's plan to bring down the De Clemonts is set in motion when captive witch Lena escapes. (S3)


9.00 Agatha Raisin

7.00 **Freddie Fries Again** 2/6. Andrew and Rob visit Newmarket, where they spend a disturbing night in a spooky church.
8.00 **An Idiot Abroad 2** 2/8. Karl Pilkington boards the Trans-Siberian Express to China.
9.00 **Agatha Raisin** *There Goes the Bride:* 4/4. The sleuth reluctantly promises to attend James's wedding, but the nuptials take a sinister turn when a body is found on the morning of the big day. (S4)
11.00 **Mr Bigstuff** 5/6. Lee takes drastic action when he realises that his past has caught up with him. (S1)
11.30 **Banshee** 8/10. Job finds Mr Rabbit's hiding place. (S2)
12.30 AM **Warrior** 4/10. (S1)
1.30 **The Force: Manchester**
2.30 **Road Wars** Double bill.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.15 **Love Bites**
10.15 **Dress to Impress**
1.15 PM **American Ninja Warrior** New edition The semi-finals continue in Los Angeles.
2.15 **In for a Penny**
2.45 **In with a Shout**
3.45 **FILM Pitch Perfect 2** Comedy sequel starring Anna Kendrick and Rebel Wilson. (2015, 12, 112min) ★★★
6.00 **Wheel of Fortune**

8.00 Tomb Raider

7.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition, with Alex Brooker, Vicky Pattison and Max Whitlock.
8.00 **FILM Tomb Raider** Adventure starring Alicia Vikander and Dominic West. A kickboxing heiress risks her life to save her missing father when she discovers a clue to his location. (2018, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.30 **Family Guy** 3/18. Peter and Lois go into business together, opening a cookie store. (S13)
11.00 **Family Guy** 12/21. Guest starring Lauren Bacall. (S12)
11.30 **American Dad!** (S9)
12.30 AM **Iain Stirling's CelebAbility**
1.15 **All American** 9/19. (S3)
2.15 **Totally Bonkers Guinness World Records**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Bless This House**
6.30 **A Touch of Frost**
8.45 **FILM Carry On Matron** Comedy starring Sidney James and Kenneth Williams. (1972, PG, 89min) ★★
10.30 **A Touch of Frost** Double bill.
3.00 PM **Agatha Christie's Poirot** *The Clocks:* The sleuth is summoned after the body of a murder victim is discovered surrounded by stopped clocks. **5.00** *Elephants Can Remember:* An elderly psychiatrist is murdered.

7.00 Agatha Christie's Poirot

7.00 **Agatha Christie's Poirot** *The Labours of Hercules:* The sleuth falls victim to depression after failing to prevent the murder of a society girl, but the search for a missing maid offers him the chance for redemption.
9.00 **Grantchester** 3/6. A vagrant is found dead in a doorway, and Geordie believes this could be linked to unsolved cases.
10.00 **Grantchester** 4/6. A member of Will's own congregation is found murdered just before a fundraising event. (S7)
11.00 **Endeavour** *Prey:* The detective investigates the disappearance of an au pair and discovers a connection to an unsolved case as conflict erupts between his fellow officers.
1.00 AM **Agatha Christie's Poirot**
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
4.30 PM **Sportscene Results**
5.30 **This Is BBC Scotland**
7.00 **The Seven**
7.15 **Sportscene: Premiership Highlights** The latest top-flight action, including Rangers v Motherwell.
8.15 **Inside Central Station** Staff cope with an influx of passengers heading to the seaside.
9.15 **Rab C Nesbitt** *Further:* 6/7. Norrie looks for volunteers for a charity walk. (S4)
9.45 **Just a Boys' Game: Play for Today** Drama by Peter McDougall, starring Frankie Miller and Ken Hutchison.
10.55 **Rip It Up** 2/3. A look at Scotland's pop resurgence in the 1980s.
11.55 PM **to 12.00** M'T **Tune** Exploring Glasgow's tallest listed building.

Sky Comedy

114/115 814 112 347 362

8.00 AM **The Conners** (S2)
10.30 **Young Rock** (S2)
1.00 PM **Dice** (S1&2)
4.00 **Will & Grace** (S2)
6.30 **The Office (US)** Five episodes, including at: **8.00** 9/26. Jim and Pam go on a double date. **8.30** 10/26. Michael sets up a murder-mystery game. (S6)
9.00 **Barry** 2/8. Gene confronts his past as part of a class project. **9.35** 3/8. Sally reflects on her own history. **10.10** 4/8. A figure from Sally's past arrives in Los Angeles. **10.45** 5/8. The hitman is in for a surprise. **11.25** 6/8. Gene helps Barry get into character as he prepares for his big scene with Sally. (S2)
12.00 M'T **Fantasmas**
1.20 AM **Curb Your Enthusiasm** (S5)
3.20 **Barry** 7/8. (S2)
3.55 **to 5.00** AM **Entourage**

Sky Arts

130/131 826 123 36 147 365

6.00 AM **Arts Uncovered**
6.15 **Bregenz: Madama Butterfly** Opera.
8.30 **Tales of the Unexpected**
11.00 **Hitchcock Presents**
1.00 PM **Les Misérables: The Staged Concert**
3.50 **Clint Eastwood: A Life in Film**
5.30 **The Who: Live at Hyde Park** A performance by the rock band.
7.45 **Queen: Days of Our Lives** The story of the British rock band. **9.00** The peak of the rock outfit's success.
10.20 **Queen: Live at Wembley Stadium** A 1986 performance.
11.40 **Freddie Mercury: The Great Pretender**
1.20 AM **Bowie: The Man Who Changed the World** Documentary.
3.20 **Discovering**
4.20 **Isle of Wight Festival Greatest Hits**
5.10 **to 6.00** AM **Discovering**

Sky Mix

151 135 11 144

6.00 AM **Nothing to Declare**
8.00 **Moominvalley**
8.25 **Bad Nature**
8.40 **Let's Game**
9.00 **Monkey Life**
11.30 **Nothing to Declare**
12.00 NOON **Gillette Labs Soccer Saturday** A look ahead to today's action.
3.00 PM **Gillette Labs Soccer Saturday** Goal updates.
5.00 **Gillette Labs Soccer Saturday** Reaction.
6.00 **Islands** A look at the ecosystem of Borneo.
7.00 **Shark: British Isles Special with Steve Backshall** The naturalist goes in search of sharks around the British Isles.
8.00 **How I Caught the Killer** How CCTV was used to find a killer.
9.00 **999 Frontline**
10.00 **Sex and the City** (S1)
12.00 M'T **The Twilight Zone**
2.00 AM **Border Security: Australia's Front Line**
4.00 **to 6.00** AM **Highway Patrol**

ITV Be

131/132 119 28 119

7.00 AM **The Mummy Diaries**
8.00 **The Real Housewives of Orange County**
8.55 **The Real Housewives of Atlanta** Double bill.
10.50 **Buying and Selling**
11.45 **Project Bakeover**
12.45 PM **Real Housewives Ultimate Girls' Trip**
1.55 **The Only Way Is Essex**
8.00 **Dinner Date** TV personality Sharon Gaffka is given five menus put together by potential dates.
9.00 **Botched** A former patient surprises the doctors with her transformation.
10.00 **The Real Housewives of Cheshire: Pride** The Housewives turn up and turn out for Lystra and Ashley's first Pride.
11.00 **The TOWIE Years**
12.00 M'T **Ibiza Weekender**
1.00 AM **Teleshopping**
2.00 **to 5.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
1.00 PM **Highway to Heaven**
4.00 **The New Avengers** Five episodes of the series, including at: **7.00** *The Midas Touch:* 4/13. The agents come up against Professor Turner who carries deadly diseases. **8.00** *Cat Among the Pigeons:* 5/13. Steed is warned by a dying man that an ecologist will be killed at midday. (S1)
9.00 **An Aurora Teagarden Mystery: Heist and Seek** Crime drama with Candace Cameron Bure.
10.50 **An Aurora Teagarden Mystery: A Very Foul Play** Crime drama with Candace Cameron Bure.
12.40 AM **Castle** 2&3/24. (S5)
3.00 **Hart to Hart** 8/20. (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257 62

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Great Racehorses**
6.20 **The Motorbike Show**
8.25 **MotoGP Highlights**
9.30 **Racing: The Opening Show**
10.30 **Match Time Revisited**
11.35 **The Best of Saint & Greavsie**
12.35 PM **Mr Bean**
1.10 LIVE **Racing: Ascot** Coverage of the Shergar Cup from Ascot. Plus, action from Haydock Park and Newmarket.
5.00 **World Series of Darts: New South Wales Masters** A chance to see the quarter-finals, semi-finals and final

10.35 Rambo: First Blood Part II

World Series of Darts: New South Wales Masters (started at 5pm)

9.00 **English Football League Highlights** Action from the opening weekend in the Football League, including Leeds United v Portsmouth and Millwall v Watford.

10.35 FILM **Rambo: First Blood Part II** Action adventure sequel starring Sylvester Stallone. (1985, 15, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **The Professionals**
1.25 **Minder**
2.20 **The Protectors**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** Five episodes, including at: **2.00** PM 16/26. The crew find a corpse on a deserted craft. **3.00** 17/26. Archer and Tucker are arrested. (S2)
4.00 **Star Trek: Voyager** 22/26. Torres finds herself stranded on a remote planet. **5.00** 23/26. Tuvok sees a vision of the future. **6.00** 24/26. The Doctor tries to save his mentor. (S6)

9.00 Doomsday Meteor

7.00 **Star Trek: Voyager** *The Haunting of Deck Twelve:* 25/26. Neelix tells the Borg children a ghost story.

8.00 **Star Trek: Voyager** *Unimatrix Zero – Part One:* 26/26. The Borg Queen makes a shocking discovery. (S6)

9.00 FILM **Doomsday Meteor** Sci-fi thriller starring Patrick Labyorteaux. A massive meteor threatens to destroy planet Earth, so scientists attempt to stop it with high-powered lasers. (2023, PG, 86min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Wynonna Earp** 12/12. The time has come to neutralise the family curse. (S3) **12.00** M'T 1/12. Wynonna desperately looks for a way into the Garden before her sister becomes trapped. (S4)
1.00 AM **Wynonna Earp** (S4)
3.00 **to 6.00** AM **Star Trek: Enterprise**

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries** (S5)
10.00 **Hudson & Rex** 1-4/16. (S1)
2.00 PM **Father Brown** Four episodes, including at: **4.00** *The Kembleford Dragon:* The priest investigates when the stationmaster is murdered. **5.00** *The Angel of Mercy:* Mrs McCarthy's friend is the latest villager to die in her sleep.
6.00 **Death in Paradise** 5/9. Neville is convinced there's more to a case than meets the eye when a young pop star is found dead at a rehab clinic. (S11)

8.00 Shakespeare & Hathaway

7.00 **Death in Paradise** *Phone-In-Murder:* 6/9. A woman is suspected of reporting her own murder. (S11)

8.00 **Shakespeare & Hathaway: Private Investigators** 10/10. The duo delve into the world of private tutoring. (S3)

9.00 **Death in Paradise** *Murdering Lyrical:* 7/9. A reggae rap artist is shot dead at a soundcheck for a concert. (S11)

10.00 **Dark Winds** 6/6. Chee, Leaphorn and Manuelito descend on the Buffalo Society's hiding place. (S1)
10.55 **Alaska Daily** 10/11. Eileen and Roz are offered new career opportunities. (S1)
11.55 **Father Brown** *The Tree of Truth.* A body is identified as a local woman who went missing seven years earlier.
12.55 AM **Murdoch Mysteries** (S5)
2.45 **to 4.00** AM **Why Women Kill**

+1 hour 209/210 314

GOLD

110/111 810 124 344 359

7.00 AM **Still Open All Hours**
7.45 **Ever Decreasing Circles**
8.20 **dinnerladies diaries**
9.25 **Only Fools and Horses**
12.40 PM **Only Fools and Horses** Eight episodes, including at: **4.40** Del Boy jumps at the opportunity to decorate the local Chinese restaurant. **5.20** Raquel's father finds an old watch among the Trotters' junk, which he claims could net them a fortune at auction.
6.40 **The Vicar of Dibley** The village suffers a water shortage.

9.10 Mrs Brown's Boys

7.35 **Only Fools and Horses** Christmas special of the sitcom from 2002. Trotters Independent Traders embark on a booze cruise to France under new managing director Rodney.

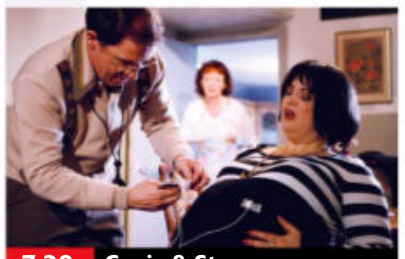
9.10 **Mrs Brown's Boys** Agnes needs someone to look after Grandad. **9.50** Agnes is excited about Rory and Dino's big big day – until she meets the wedding planner.
10.30 **The Lenny Henry Show** Nigel Havers joins Lenny for *Sound Bite News Digest*.
11.00 **The Lenny Henry Show**
11.40 **Toast of London**
12.45 AM **The Lenny Henry Show**
2.00 **Toast of London**
3.00 **Sandylands**
3.30 **to 4.00** AM **This Time with Alan Partridge**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Whose Line Is It Anyway? USA** Double bill.
8.00 **Storage Hunters UK**
9.00 **World's Most Dangerous Roads** Double bill.
11.00 **Red Bull Soapbox Race**
1.00 PM **Road to Riches**
3.00 **Extreme Fishing with Robson Green** Double bill.
5.00 **Mediterranean with Simon Reeve** Simon explores Cyprus, Lebanon, Israel and Gaza.
6.00 **Would I Lie to You?** With Ed Byrne, Miles Jupp, Heston Blumenthal and Emilia Fox.


7.20 Gavin & Stacey

7.20 **Gavin & Stacey** Nessa goes into labour, and Stacey returns to Essex to salvage her marriage.

8.00 **Gavin & Stacey** Festive special from 2008. The Wests join the Shipmans on Christmas Eve for one of Mick's famous turkey dinners, but Gavin and Stacey's announcement dampens the mood.
9.20 **Not Going Out** Christmas special from 2014. The will-they-won't-they tension between Lee and Lucy reaches new highs.
10.20 **Not Going Out Bloopers Special** Unscripted moments from the sitcom.
11.00 **QI** With Jeremy Clarkson, Jason Manford and Sandi Toksvig.
11.40 **Have I Got a Bit More News for You** Jo Brand hosts the satirical current affairs quiz. **12.40** AM Actor Damian Lewis hosts the satirical quiz.
1.40 **to 4.00** AM **Room 101**

+1 hour 211/212 327 57

Saturday 7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
1.30 PM **A Place in the Sun**
4.00 **The Great House Giveaway** Double bill.
6.00 **A Place in the Sun**
8.00 **Kirstie and Phil's Love It or List It: Brilliant Builds** Kirstie and Phil look back on two downstairs dilemmas.
9.00 **8 Out of 10 Cats Does Countdown** With Jon Richardson, Katherine Ryan, Richard Ayoade and Laura Smyth. **10.00** With Munya Chawawa, Sarah Millican and Gary Delaney.
11.05 **Ramsay's Kitchen Nightmares USA**
12.00 M'T **Paris 2024 Paralympics: Meet the Athletes**
12.05 AM **Gogglebox**
1.10 **Jimmy Carr's I Literally Just Told You**
2.10 **First Dates**
3.15 **24 Hours in A&E**
4.10 **to 4.40** AM **On the Edge: Letting Go**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S4)
11.05 **NCIS** 9-13/24. (S9)
4.00 PM **Entertainment News**
4.05 **NCIS** *Life Before His Eyes:* 14/24. A man pulls a gun on Gibbs at a diner. **5.05** *Secrets:* 15/24. A navy captain leading a double life is killed. **6.05** *Psych Out:* 16/24. A navy reservist is found dead in his home. (S9)
7.05 **Jesse Stone: Sea Change** Crime drama.
9.00 **Criminal Minds** *I Love You, Tommy Brown:* 17/24. The team investigate a series of murders in Seattle. **10.00** *Foundation:* 18/24. The team try to hunt down a kidnapper. (S7)
11.00 **Law & Order: Special Victims Unit** (S13)
3.00 AM **The Blacklist** (S2)
3.50 **to 4.00** AM **Entertainment News**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Entertainment News**
8.10 **Car Pound Cops**
11.45 FILM **Contact** Drama starring Jodie Foster. (1997, PG, 149min) ★★★
2.35 PM FILM **Hook** Fantasy starring Robin Williams. (1991, U, 140min) ★★
5.30 FILM **King Kong** Remake of the classic monster movie, starring Naomi Watts. (2005, 12, 187min) ★★★★
9.00 FILM **Sherlock Holmes: A Game of Shadows** Adventure sequel with Robert Downey Jr. (2011, 12, 128min) ★★★
11.35 FILM **Dracula Untold** Fantasy adventure starring Luke Evans. (2014, 15, 92min) ★★
1.25 AM **999: Emergency Call Out** Documentary.
2.25 **Police Interceptors**
3.25 **Car Pound Cops**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.10 **Car Pound Cops**
9.45 **Police Interceptors**
2.50 PM FILM **Showdown** Western. (1963, b/w, PG, 79min) ★★
4.30 FILM **Every Which Way But Loose** Action comedy starring Clint Eastwood. (1978, 12, 114min) ★★★
6.50 FILM **Any Which Way You Can** Action comedy sequel starring Clint Eastwood. (1980, 15, 116min) ★★★
9.00 FILM **Unforgiven** Western directed by and starring Clint Eastwood. (1992, 15, 130min) ★★★★★
11.45 FILM **Hard Target** Thriller with Jean-Claude Van Damme. (1993, 18, 95min) ★★★
1.45 AM **World's Deadliest Weather: Caught on Camera** Double bill.
3.45 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **My Family** Six episodes, including at: **5.00** Ben decides to sell his dental practice and take up a new hobby. **5.40** Ben runs over neighbour Mr Casey. **6.20** Ben tries to get his old band back together.
7.00 **Miranda** A hotel stay adds some excitement to Miranda's life. **7.40** Penny throws a party, hoping one of the guests will be a suitable partner for Miranda. **8.20** A handsome stranger loses his wallet in the joke shop.
9.00 **The Catherine Tate Show** Triple bill of the comedy sketch show.
11.00 **Wife Swap USA**
12.55 AM **Bang on Budget**
1.55 **to 3.00** AM **16 Kids and Counting**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.00 AM **Birds of a Feather**
10.00 **Lovejoy** Triple bill.
1.00 PM **Pie in the Sky**
4.00 **The Brokenwood Mysteries** *The Dark Angel:* 4/4. A couple stumble upon a body at an abandoned mental health facility. (S5) **6.00** *The Power of Steam:* 4/4. Mike investigates a murder at a steampunk event. (S6)
8.00 **Rebus** *The Black Book:* The buried remains of a prostitute are found.
9.35 **Ragdoll** 4/6. Rose attempts to outwit the Ragdoll Killer with an unorthodox plan. (S1)
10.35 **Case Histories** *Nobody's Darling:* 2/3. Jackson investigates a suspected murder. (S2)
12.30 AM **Whitstable Pearl**
1.30 **Hope Street**
2.25 **to 4.00** AM **Birds of a Feather**

+1 hour 243 316 60

SATURDAY Entertainment

Saturday

Really
142 128 17 160

6.00 AM **Celebrity Fantasy Homes** With *Benidorm* star Sherrie Hewson.
7.00 **Teleshopping**
8.00 **Celebrity Fantasy Homes** Double bill.
10.00 **The Yorkshire Auction House** Double bill.
12.00 NOON **The Derbyshire Auction House**
1.00 PM **A Place in the Sun**
9.00 NEW SERIES **Jack Osbourne's Night of Terror** Sharon Osbourne faces an evil spirit at a century-old inn.
10.00 NEW SERIES **Eli Roth Presents: The Legion of Exorcists** A girl unknowingly makes a demonic deal.
11.00 **Celebrity Help! My House Is Haunted**
12.00 M'T **Help! My House Is Haunted** Documentary.
1.00 AM **The Dead Files**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Dr Jeff: Rocky Mountain Vet**

Challenge
145 139 48 146

7.00 AM **The Chase**
9.00 **Bruce's Price Is Right**
10.00 **Dale's Supermarket Sweep** Double bill.
11.00 **All Star Family Fortunes** Lucy Benjamin and Ryan Thomas take part. **11.40** Suzanne Shaw and William Roache compete for charity. **12.20** PM John Barnes and Natasha Hamilton play the game show.
1.00 **Cash Trapped** Double bill of the quiz show.
3.00 **The Celebrity Chase** Triple bill of the quiz.
6.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
9.00 **The Celebrity Chase** Michael Vaughan, Ray Mears, Jane Danson and Anna Richardson try to win money for charity.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Ten editions.
4.00 AM **The Celebrity Chase**
5.00 **to 6.00** AM **The Chase**

GREAT! action
323 426 42

8.00 AM **Coast Guard Alaska**
9.00 FILM **Candlelight in Algeria** Thriller. (1943, b/w, PG, 85min) ★★★
10.55 FILM **Hell in Normandy** Wartime drama. (1968, PG, 89min) ★★
1.10 PM FILM **Angel and the Badman** Offbeat John Wayne Western. (1947, b/w, U, 100min) ★★★
3.20 FILM **The Bravados** Western adventure. (1958, PG, 98min) ★★★
5.30 FILM **The Sand Pebbles** Action thriller. (1966, 15, 193min) ★★
9.00 FILM **Killing Salazar** Action adventure starring Steven Seagal. (2016, 15, 95min) ★★
11.10 FILM **The Shanghai Job** Action adventure. (2017, 15, 95min) ★★
1.10 AM FILM **Fire Twister** (2015, 12, 90min) ★
3.00 **to 5.00** AM **War Machines**
+1 hour 324

GREAT! movies
321 425 34

9.00 AM FILM **An Aurora Teagarden Mystery: The Disappearing Game** (2018, PG) ★★
10.50 FILM **The Twin** Thriller. (2017, 12, 86min) ★★
12.45 PM FILM **A Wedding to Die For** (2019, 12) ★★
2.40 FILM **The Bounty Hunter** Comedy thriller. (2010, 12, 110min) ★★★
5.00 FILM **And So It Goes** Comedy drama. (2014, 12, 90min) ★★★
7.00 FILM **Here Comes the Boom** Comedy. (2012, 12, 101min) ★★★
9.00 FILM **The Score** Thriller. (2001, 15) ★★★★
11.35 FILM **Taxi Driver** Urban drama. (1976, 18, 110min) ★★★★★
2.00 AM FILM **Dance Night Obsession** Thriller. (2016, PG, 94min) ★★
4.00 **to 6.00** AM FILM **Fatal Performance** Thriller. (2013, PG, 83min) ★★
+1 hour 322

GREAT! romance
319 424 52

8.00 AM FILM **Love, Bubbles & Crystal Cove** Drama. (2021, PG, 85min) ★★
10.00 FILM **Fashionably Yours** (2020, PG) ★★
12.00 NOON FILM **Luckless in Love** (2023, PG) ★★
2.00 PM FILM **Make Me a Match** Romantic drama. (2023, U, 85min) ★★
4.00 FILM **Bottled with Love** Romantic drama. (2019, PG, 85min) ★★
6.00 FILM **The Last Bridesmaid** Drama. (2019, PG, 90min) ★★
8.00 FILM **Love's Last Resort** Romantic drama. (2017, PG, 85min) ★★
9.50 FILM **The Perfect Bride** Comedy. (2017, PG) ★★
12.00 M'T FILM **Romance Retreat** Comedy. (2019, PG, 90min) ★★
2.00 AM **Highway to Heaven**
3.10 **to 5.00** AM FILM **Love's Sweet Recipe** Drama. (2021, PG, 85min) ★★
+1 hour 320 63

GREAT! real
189 61

9.00 AM **Thief Trackers**
10.00 **Police Ten 7**
12.00 NOON **Airline USA**
2.00 PM **Paddington Station 24/7** Five editions.
7.00 **Cops Uncut** Four editions featuring footage of high-speed police chases captured on dashboard cameras.
9.00 **Paddington Station 24/7** Signalling problems cause severe disruption to services in and out of Paddington Station at rush hour. **10.00** Queen Elizabeth II travels to Paddington Station onboard a new Intercity Express train. **11.00** A driver raises the alarm to report his train has struck something or someone on the line.
12.00 M'T **Paddington Station 24/7** Double bill.
2.00 AM **Coast Guard Alaska**
4.00 **to 5.50** AM **Cops Uncut**
+1 hour 289

DMAX
159 169 39 150

6.00 AM **Deadliest Catch**
9.00 **Yukon Gold**
11.00 **Outback Opal Hunters**
1.00 PM **Aussie Gold Hunters**
4.00 **Alaska: Homestead Rescue** Double bill.
6.00 **Flying Wild Alaska**
7.00 **Jeremy Wade's Dark Waters** Searching for pike in Ireland's lakes.
8.00 **Tracked** Tensions rise in Team Orange when they lose their map again.
9.00 **My Feet Are Killing Me** A man who has tiny tumours all over his feet.
10.00 **Body Bizarre** Ylena's neck dislocates at the slightest movement.
11.00 **Monsters Inside Me**
12.00 M'T **Naked and Afraid**
1.00 AM **Ed Stafford: Into the Unknown**
2.00 **Teleshopping**
4.00 **Treehouse Masters**
5.00 **to 6.00** AM **Baggage Battles**
+1 hour 259 369 151

Food Network
140/141 190 43 148

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **The Pioneer Woman**
12.00 NOON **James Martin's Favourite Feasts**
2.00 PM **James Martin's French Adventure**
3.00 **River Cottage Every Day** Triple bill of editions.
6.00 **River Cottage to the Core** Hugh Fearnley-Whittingstall uses fruit in a wide range of dishes and drinks. **7.00** Hugh and the team serve fruit-based picnic food and drink at a local sports day.
8.00 **The Hairy Bikers Go Local** Dave Myers and Si King visit a Scottish-Malaysian fusion street food cafe called Kopitiam in Glasgow.
9.00 **Man v Food with Casey Webb** Six editions.
12.00 **to 3.00** AM **Diners, Drive-Ins and Dives**
+1 hour 240/241 149

Legend
148 149 41 137

7.00 AM **World's Most Unexplained...**
8.00 FILM **Avalon: Beyond the Abyss** Adventure. (1999, PG, 86min) ★★
10.00 **Walker, Texas Ranger**
3.00 PM FILM **Lost City Raiders** Adventure. (2008, 12, 90min) ★★
5.00 FILM **The Return of the Man from U.N.C.L.E** Thriller. (1983, PG) ★★★
6.55 FILM **The Invisible Man Returns** Chiller. (1940, b/w, PG, 78min) ★★
8.30 **The Twilight Zone** (S3)
9.00 FILM **Armed Response** Action thriller starring Wesley Snipes. (2017, 15, 93min) ★
10.50 FILM **Butterfly on a Wheel** Kidnap thriller. (2007, 15, 95min) ★
12.45 AM FILM **Dead Ringers** Psychological drama. (1988, 18, 118min) ★★★
3.05 **to 5.00** AM FILM **Jack's Back** Thriller. (1988, 18, 93min) ★★

Legend Xtra
317 171 69 138

6.00 AM FILM **Apocalypse Pompeii** Disaster movie. (2014, 15, 87min) ★
8.00 FILM **Instrument of War** Wartime drama. (2017, 12, 90min) ★★
10.00 FILM **The Day the Earth Stopped** Sci-fi action thriller. (2008, 15, 90min) ★★
12.00 NOON FILM **Sherlock Holmes** Mystery drama. (2010, 12, 89min) ★★
2.00 PM FILM **Apocalypse of Ice** Disaster drama. (2020, PG, 88min) ★★
4.00 **Farscape** 16-20/22. Five episodes. (S4)
9.00 FILM **Company of Heroes** Action drama starring Tom Sizemore. (2013, 15, 96min) ★★
11.00 FILM **The Howling** Horror chiller starring Dee Wallace. (1980, 18, 91min) ★★★★
1.00 **to 3.00** AM FILM **Company of Heroes**
+1 hour 318 371 139

Blaze
164 174 64 162

6.00 AM **Storage Wars Canada** Four editions.
8.00 **Mega Disasters**
10.00 **Monsterquest**
1.00 PM **Strangest Things**
3.00 **Ancient Aliens**
7.00 **Alien Disclosure Files** Sightings of Unidentified Aerial Phenomena. **7.30** The detection of an alien probe known as the 'Black Knight'.
8.00 **MysteryQuest** The Bermuda Triangle.
9.00 **Court Cam** Double bill featuring dramatic moments inside America's courtrooms.
10.00 **Beyond Borders** New edition In Miami, an officer processes a Cuban national with a past in drug trafficking.
11.00 **Cops Uncensored**
12.00 M'T **Strange Evidence**
1.00 AM **Paranormal: Caught on Camera**
3.00 **to 6.00** AM **Hardcore Pawn**

5SELECT
153 138 46 133

9.00 AM **Paul Martin's Antiques Showdown**
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **Walking Wartime Britain** Triple bill.
8.00 **Brunel: The Man Who Built Britain** 2/2. The story of the engineer's two masterpieces of ship design.
9.00 **Britain's Bloodiest Dynasty** Henry III's relationship with Simon de Montfort.
10.00 **The Stonehenge Enigma: What Lies Beneath?** Documentary.
11.35 **Sunken Warships: Secrets from the Deep**
12.35 AM **Sea of Secrets: Drain the Oceans**
1.35 **The Great Barrier Reef: Drain the Oceans**
2.35 **Reuben: Life in the Dales** Documentary.
3.25 **The Yorkshire Vet**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 166

7.00 AM **A Place in the Sun**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Your Home Made Perfect** Four editions.
7.00 **Your Home Made Perfect** Remodelling a London home for a mother and son.
8.00 **Escape to the Country** A couple plan to relocate from France to Devon. **9.00** A couple with a budget of £400,000 search for a rural property in Wiltshire. **10.00** A couple with a £460,000 budget want to relocate to Cornwall. **11.00** A couple seek a new property and business in Devon. **12.00** M'T A couple hope to find their first home together in north Wales.
1.00 AM **Battle on the Beach**
2.00 **to 4.00** AM **Escape to the Country**
+1 hour 258/262 391

TLC
133/134 828 165

7.00 AM **Say Yes to the Dress: Atlanta**
8.00 **Say Yes to the Dress**
10.00 **Little People, Big World**
12.00 NOON **My Lottery Dream Home**
1.00 PM **My 600lb Life**
3.00 **7 Little Johnstons**
5.00 **Sister Wives**
7.00 **Outdaughtered: Busby Quints** Adam signs the Quints up to be Jr. Cheerleaders.
8.00 **The Family Chantel** Chantel meets up with an old friend who knows about Pedro's past.
9.00 **Written in the Stars**
10.00 **Seeking Sister Wife**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Seeking Sister Wife**
3.00 **Sex Sent Me to the ER**
4.00 **The Family Chantel**
5.00 **to 6.00** AM **Say Yes to the Dress: Atlanta**
+1 hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **Home Improvement**
10.00 **Friends** (S10)
1.00 PM **Friends** (S1)
7.00 FILM **Robin Hood: Men in Tights** Mel Brooks' comedy spoof of the Robin Hood legend, starring Cary Elwes. (1993, PG, 102min) ★★
9.00 FILM **Walk Hard: The Dewey Cox Story** Spoof musical biopic starring John C Reilly and Jenna Fischer. (2007, 15, 92min) ★★★
10.45 **Lee Evans: Live in Scotland** A 1998 stand-up performance.
12.15 AM **Kevin Bridges: A Whole Different Story**
1.15 **Jimmy Carr: Being Funny** Stand-up show.
3.25 **Jack Whitehall: Comedy Central Live**
3.50 **South Park** 9/18. (S2)
4.15 **to 5.00** AM **Guessable?**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **New Girl** (S2)
7.00 **Teleshopping**
9.00 **New Girl** (S2&3)
1.00 PM **Last Man Standing**
3.00 **Michael McIntyre's Big Show** Triple bill.
7.00 **Friends** 7/24. Chandler gets trapped in a bank's lobby with a model. **7.30** 8/24. The gang pay their last respects at the funeral of Ross and Monica's grandmother. **8.00** 9/24. Thanksgiving does not go as planned. **8.30** 10/24. The gang celebrate New Year's Eve with a party. **9.00** 11/24. Chandler's flamboyant mother arrives in town. (S1)
9.30 **Friends** 12-19/24. (S1)
2.00 AM **New Girl** (S2&3)
3.25 **Mike Judge's Beavis and Butt-Head** (S1)
3.45 **Out of Order**
4.30 **Rhod Gilbert's Growing Pains**
5.15 **to 6.00** AM **New Girl**

Sky Replay
152 156

7.00 AM **Brit Cops: Rapid Response** Double bill.
9.00 **Celebrity Four Weddings** Reality show.
10.00 **Four Weddings**
11.00 **DC's Legends of Tomorrow** 12-16/18. (S3)
4.00 PM **For Life** Triple bill of the series, including at: **6.00** 10/10. Aaron and his legal team face their toughest trial yet. (S2)
7.00 **Primeval** 1/6. First episode of the fantasy drama series starring Douglas Henshall. **8.00** 2/6. Cutter investigates an invasion of giant spiders. (S1)
9.00 **Brit Cops: Rapid Response** Double bill.
11.00 **Stop, Search, Seize**
1.00 AM **A League of Their Own** Double bill.
3.00 **Four Weddings**
4.00 **Celebrity Four Weddings** Reality show.
5.00 **to 6.00** AM **Four Weddings**

MTV
126/127 824 134

6.00 AM **MTV Cribs**
6.25 **Teen Mom 2**
7.10 **Teen Mom UK**
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Eight editions of the series, including at: **7.00** Keontae thinks her online suitor Tyler is hiding something. **8.00** Reign needs answers from Piers on why he disappeared.
9.00 **Sum 41: I Want My MTV** The punk band discuss music videos.
9.30 **Fall Out Boy: I Want My MTV** The band's favourite music videos.
10.00 **Celebrity Ex on the Beach** Lockie and Megan share a kiss. **11.00** Nathan's insecurity gets the better of him.
12.00 M'T **Ink Master**
1.55 AM **Catfish UK**
2.45 **Geordie Shore**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
12.00 NOON **This Is Mark Rober**
3.00 PM **Tracked** The teams face their first challenge in the rugged Southern Alps. **4.00** The seven remaining teams find it difficult in the extreme bush of Fiordland. **5.00** The teams must escape from a deadly glacier before two days in the wilderness.
6.00 **Gold Rush** Parker's miscalculation nearly washes away Sluicifer, while tensions explode between Rick and his lead mechanic.

12.00 This Is Mark Rober

7.00 **Deadliest Catch** Sig deploys a Norwegian secret weapon in an attempt to locate the bairdi school.
8.00 **Hoffman Family Gold** As Jack reveals some shocking news, Todd targets more ounces of gold than ever before.
9.00 **In the Eye of the Storm** Eyewitness filmed encounters of Hurricane Ida slamming into the Louisiana coast in 2021.
10.00 **Expedition Unknown** Josh Gates hunts for history's biggest prize – the tomb and treasure of Alexander the Great.
11.00 **Alien Encounters: Fact or Fiction** After the death of his father, a farmer believes he witnessed a UFO.
12.00 M'T **Naked and Afraid: Last One Standing**
2.00 AM **Expedition X**
4.00 **to 5.00** AM **How Do They Do It?**

+1 hour 225/226 377

Animal Planet

162/178 178

8.00 AM **Animal Cribs**
9.00 **Crikey! It's the Irwins**
10.00 **Bad Dog!**
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Dodo Heroes**
2.00 **Killer Whales**
3.00 **Dogs 101** Double bill.
5.00 **Alaska: Homestead Rescue** The Raneys are faced with the daunting task of overhauling a faulty electrical system.
6.00 **Animal Cribs** Antonio designs the ultimate pig paradise for a family's pet porker.

7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** The hummingbird's ability to fly backwards. **7.30** What a dog is saying when it wags its tail.
8.00 **Guardians of Rescue** Rob and Moose investigate a claim about dogfighting, while Brian and Face try to help an aggressive dog.
9.00 **Animal Cops Houston** An attempt to break up one of the biggest dog-fighting rings in American history.
10.00 **Alaskan Bush People** Billy gets overambitious while conducting a barter, as the Browns try to secure their winter stores.
11.00 **I Was Prey** A man who was attacked by an alligator. **12.00** M'T A husband and wife who were attacked by an angry hippopotamus.
1.00 AM **Alaskan Bush People**
2.00 **Dogs 101**
3.00 **Alaska: Homestead Rescue**
4.00 **to 5.00** AM **Animal Cribs**

+1 hour 262/278 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Wicked Tuna**
10.00 **Atlantis: Draining the Lost City** Evidence of the city.
11.00 **Air Crash Investigation**
2.00 PM **Car S.O.S** Tim and Fuzz fix a Datsun 240k Skyline. **3.00** Restoring a VW Wizard. **4.00** Fixing up a Mini Cooper.
5.00 **Seconds from Disaster** A plane crash on the M1 in Leicestershire in 1989.
6.00 **World War II: Secrets from Above** The Battle of Britain from an aerial perspective.

10.00 No Man Left Behind

7.00 **World War II: Secrets from Above** The Battle of the Atlantic, the longest military campaign of World War Two.
8.00 **Inside the SS** Part one of two. Documentary about Hitler's private army, who aspired to become part of a racial elite.
9.00 **Inside the SS** Part two of two. A look at the role of the SS in the Holocaust, with many volunteering to run the death camps.
10.00 **No Man Left Behind** Chris Ryan tells of how he had to race 200 miles across the desert to evade Iraqi forces in 1991.
11.00 **Drug Lords: The Takedown** A footballer turned cartel boss.
12.00 M'T **Border Protection Spain**
1.00 AM **Inside Sydney Airport**
2.00 **Bid & Destroy**
2.55 **Food Factory**
3.45 **Money Meltdown**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Auction Kings**
7.00 **Storage Wars**
8.00 **Pawn Stars**
10.00 **Storage Wars**
1.00 PM **Strangest Things**
3.00 **Instruments of Death** Double bill of editions.
5.00 **Forbidden History** A look at how the Nazis indoctrinated and controlled the will of German people at large.
6.00 **Secrets of Great British Castles** Dan Jones heads to Gwynedd to explore the history of Caernarfon Castle.

9.00 Greatest Heists

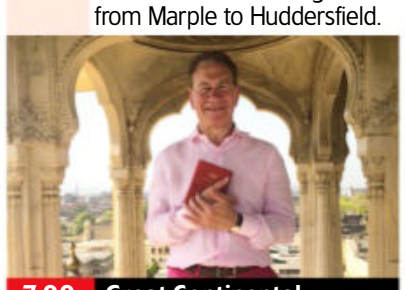
7.00 **Beyond the Myth: The SS Unveiled** An overview of the SS, describing how a group of thugs rose to become a feared force.
8.00 **Beyond the Myth: The SS Unveiled** A look at the life and nefarious career of the SS leader Heinrich Himmler.
9.00 **Greatest Heists with Pierce Brosnan** The actor explores the Baker Street Bank Burglary of September 1971.
10.00 **Greatest Heists with Pierce Brosnan** The actor takes a look at the Antwerp Diamond Heist of February 2003.
11.00 **Close Encounters** Recounting how members of a Christian youth group observed a falling star while on a hillside. **11.30** The story of four identical objects that appeared in a farmer's field.
12.00 M'T **Forged in Fire**
3.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Inside the Factory**
8.00 **Secrets of the London Underground** Triple bill.
11.00 **Find It, Fix It, Flog It**
2.00 PM **Simon Reeve's South America** Double bill.
4.00 **River Walks: The Tees**
4.30 **River Walks: The Lea**
5.00 **River Walks: The Deben**
5.30 **River Walks: The Exe**
6.00 **Canal Boat Diaries** A low canal tunnel in Staffordshire proves to be problematic. **6.30** Robbie Cumming travels from Marple to Huddersfield.



7.00 Great Continental...

7.00 **Great Continental and Indian Railway Journeys** Michael Portillo embarks on a rail journey from Amritsar to Shimla.
8.00 **Great Continental and Indian Railway Journeys** Michael pays a visit to a village where life has changed little in centuries
9.00 **Jay's Yorkshire Workshop** A volunteer flood warden and schoolchildren who raised funds for a hospital are gifted pieces of furniture.
10.20 **One Foot in the Grave** Victor clashes with a plumber who has love for morbid practical jokes.
11.00 **One Foot in the Grave** Victor is plagued by bees.
11.40 **Bangers & Cash** Paul and Charlie have the rare chance to pick up a trio of iconic Austin Healeys.
12.40 AM **Inside the Factory**
2.35 **to 3.00** AM **Canal Boat Diaries**

+1 hour 255 329 74

Saturday 7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 172 167

6.00 AM **World's Biggest Shipbuilders**
7.00 **Mega Shippers**
8.00 **Wheeler Dealers**
1.00 PM **LIVE Bennetts British Superbikes** Coverage of the opening day of the seventh round of the season, held at Thruxton
6.00 **Salvage Hunters** Triple bill, including at: **8.00** Drew and Viki explore the factory complex of a historic British cloth producer.
9.00 **The Hotel Inspector** Alex heads to Colliters Brook Farm near Bristol **10.00** The struggling Sheldon in Eastbourne.
11.00 **Outback Opal Hunters**
12.00 M'T **Outback Crystal Hunters** Discovery.
1.00 AM **Cooper's Treasure**
3.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress: Bridesmaids**
7.00 **Say Yes to the Dress: Atlanta** Double bill.
8.00 **Say Yes to the Dress**
10.00 **Forensic Detectives**
12.00 NOON **American Monster** Double bill.
2.00 PM **Disappeared**
3.00 **Say Yes to the Dress**
7.00 **Death in the Bayou: The Jennings 8**
9.00 **The Killer in My Family** New edition The case of Jesse Winnick, who brutally stabbed his mother in the neck.
10.00 **American Detective with Lt Joe Kenda** New edition A mother from Trinidad vanishes.
11.00 **Evil Lives Here**
12.00 M'T **Nightmare Next Door** Documentary.
1.00 AM **Betrayed**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
5.00 **48 Hours**
7.00 **Secrets of a Murder Detective** A serial killer targets men in North London parks. **8.00** The brutal murder of Mohammed Yousaf.
9.00 **Donal MacIntyre's Killer Evidence** A homeless man finds human limbs wrapped in black bin bags. **10.00** The case of 13-year-old Lucy McHugh, who was stabbed 27 times in a brutal, calculated attack. **11.00** Police get a call from a physician from a man saying his wife has been killed.
12.00 M'T **Donal MacIntyre's Killer Evidence**
3.00 AM **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **A Stranger in My Home** Double bill.
11.00 **New Scotland Yard Files**
2.00 PM **Medical Detectives** Six editions, including at: **4.00** A sex offender and murderer attacks in a terrifying rage. **4.30** A bomber is on the loose after a woman is killed in her own home.
5.00 **Facing Evil** The story of Charles Dean Hood, who was convicted of double murder and spent 24 years on death row pleading his innocence. **5.30** A mother-of-three is left a quadriplegic as two millionaires accuse each other of attempted murder.
6.00 **Judge Judy** Back-to-back real-life small-claims cases.
2.00 AM **Psychic Private Eyes**
4.00 **Something's Killing Me**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Caught on Dashcam**
7.00 **Highway Patrol**
11.00 **Send in the Dogs**
1.00 PM **Forensics: Catching the Killer**
2.00 **Killing Mum and Dad**
3.00 **Killer Siblings**
4.00 **Britain's Most Evil Killers** Double bill.
6.00 **World's Most Evil Killers**
7.00 **Killer in My Village**
8.00 **Murders That Shocked the Nation** The crimes of George Joseph Smith.
9.00 **World's Most Evil Killers**
10.00 **How I Caught the Killer**
11.00 **Forensics: Catching the Killer** Documentary.
12.00 M'T **The Real Manhunter**
1.00 AM **World's Most Evil Killers** Jerald Wingeart.
2.00 **Twisted Killers**
3.00 **An Unexpected Killer**
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Grand Tours of Scotland** From Melrose.
8.40 **Mafia's Greatest Hits**
9.50 **Ancient Apocalypse**
1.00 PM **Mafia's Greatest Hits** The story of mobster Joe Colombo.
2.10 **Ancient Apocalypse**
5.30 **WWII in Color: Road to Victory** In the summer of 1944, France reaches a crisis point. **6.35** When the US Air Force develop a 'wonder' bomber, they want a base close to Japan to launch their raids. **7.40** Hitler's empire is in ruins, but there is still one city to take. **8.50** The US reluctantly prepare to invade Japan. **9.55** Two years after Pearl Harbor, America's war machine has Japan on the back foot.
10.55 **Mafia's Greatest Hits**
1.10 **to 2.00** AM **Grand Tours of Scotland**

SATURDAY

Saturday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Frances McDormand**
7.00 **Discovering: Meg Ryan**
8.00 **The Directors**
9.00 **The Janes** Documentary.
11.00 **MoviePass, MovieCrash**
12.50 PM **My Icon: Shaun Gayle**
1.00 FILM **Bobby** Documentary. (2016, PG, 95min) ★★★★
3.00 **Jackie Stewart**
5.00 FILM **The Alpinist** Documentary. (2021, 12, 92min) ★★★★
6.45 FILM **Robin Williams: Come Inside My Mind** A portrait of the actor. (2018, 12, 117min) ★★★★
9.00 NEW **Elizabeth Taylor: The Lost Tapes** A profile of the actress told through audio tapes discovered in the archive of journalist Richard Meryman.
11.00 **Natalie Wood: What Remains Behind** Documentary.
1.00 AM **Ibiza Narcos**
2.00 NEW SERIES **The Body Next Door** 1/3. Documentary about a mysterious death in Wales.
3.00 **A Crime on the Bayou**
4.50 **to 6.00** AM **Children of Shanghai**

Sky Nature

124/125 822 189 354 369

6.00 AM **Africa's Underwater Wonders** Triple bill.
9.00 **Nature's Fast Attacks**
11.00 **Deadly Australians**
1.00 PM **Africa's Hunters**
2.00 **Secret Life of the Kangaroo**
5.00 **Land of Gremlins** A day in the life of a lemur family living in the rainforest of Madagascar's Mantadia National Park. **6.00** Exploring Madagascar's most striking landscapes and remarkable creatures. **7.00** A look at Madagascar's cold-blooded creatures.
8.00 **Gladiators** Documentary revealing the secrets and tactics of nature's toughest fighters in their battles for survival. Narrated by Sean Bean.
9.00 **Big Cat Country** With the Hollywood lionesses hiding in the north, the four nomadic males turn south.
10.00 **Carpathian Predators**
12.00 M'T **Gladiators** As 8pm.
1.00 AM **Big Cat Country** As 9pm.
2.00 **Weird, Wild and Wonderful**
3.00 **to 6.00** AM **Life's Journey**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
9.00 **Hitler's War**
10.00 **James Nesbitt: Disasters That Changed Britain**
11.00 **Ancient Aliens**
3.00 PM **Conspiracy Files: Unsealed** Six editions
6.00 **Top Secret UFO Projects Declassified** A look at the Petrozavodsk incident of 1977.
7.00 **Brad Meltzer's Decoded** Brad and the team search for the truth behind the Georgia Guidestones.
8.00 **Ancient Aliens** The ancient site of Gobekli Tepe, which hallenges what archaeologists believe about the past.
9.00 **The Nostradamus Effect** An attempt to identify the third antichrist, based on clues in the alleged prophet's writings apparently indicating that Napoleon and Hitler would be the first two.
10.00 **Ancient Aliens**
3.00 AM **The Nostradamus Effect**
4.00 **Sex: A Bonkers History**
5.00 **to 6.00** AM **Ancient Aliens**

Crime+Investigation

156 837 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
9.00 **Court Cam**
12.00 NOON **Buried in the Backyard**
4.00 PM **Homicide Hunter**
7.00 **Prison Brides** Lithuanian bride Gabriella returns home to her devastated family.
8.00 **Deadly Deception** An ex-wife seizes her chance for an illicit rendezvous when the new fiancée heads out of town.
9.00 **Fatal Family Feuds** The suspicious death of the owner of an extreme-sport venture.
10.00 **Murder at the Motel** Police suspect the boyfriend when a young woman is found dead.
11.00 **The Prison Confessions of Gypsy Rose Blanchard**
12.00 M'T **Prison Brides**
1.00 AM **I Survived a Crime**
2.00 **Court Cam**
2.30 **Interrogation Cam**
3.00 **Criminal Confessions**
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Fish Tank Kings**
9.00 **Secrets of the Zoo**
11.00 **Cesar Millan: Better Human Better Dog** Cesar works with a pair of large adolescent dogs adopted during the pandemic.
12.00 NOON **Yukon Vet**
2.00 PM **Eternal Enemies: Lions and Hyenas**
3.00 **Big Cat Odyssey**
4.00 **Cecil: The Legacy of a King**
5.00 **Amur Tiger: Secret Kingdom**
6.00 **Secrets of the Whales** Double bill of editions.
8.00 **Cesar Millan: Better Human Better Dog** Cesar helps two sisters who have been kept apart by their duelling dogs.
9.00 **The Incredible Dr Pol** Dr Lisa skilfully stitches a wounded Chihuahua. **10.00** The Pols welcome a new foal to the family.
11.00 **Fish Tank Kings** The team take on a challenging project for the Rainforest Cafe in Disney World.
12.00 M'T **When Sharks Attack**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Salvage Hunters**
2.00 PM **Salvage Hunters Celebrity Special** With Fred Sirieix.
3.00 **Shed and Buried**
6.00 **Combat Dealers** Bruce Crompton heads to Dunkirk after finding a picture in his attic that was given to him by a soldier who was there during the famous evacuation. **7.00** One of Bruce's clients wants a half-track armoured personnel carrier converted into a Pioneer variant, as used by the German army during the Battle of the Bulge.
8.00 **How the Universe Works** Investigating an invisible scaffold of dark matter known as the Cosmic Web. **9.00** A team of robot sleuths roaming Mars on a mission to uncover its secrets.
10.00 **Find It, Fix It, Flog It** Five editions of the series.
3.00 **to 5.00** AM **Salvage Hunters**

+1 hour 277 381

Eden

166 176

9.00 AM **Warbird Workshop**
1.00 PM **Warbird Workshop**
7.00 **Warbird Workshop** A group of amateur pilots find their light plane has a glorious war record – and launch an ambitious project to rebuild the Piper Cub and restore its military markings. **8.00** Engineer John Sparks and his team of engineers begin the task of reassembling the Czech-built L39 Jet from nine parts delivered by lorry. **9.00** The team attempt to rebuild a Spitfire MJ772. **10.00** The restoration of a battered Cessna Bird Dog. **11.00** A team of engineers fight to restore a veteran Westland Wessex helicopter.
12.00 M'T **Anthony Bourdain: Parts Unknown** Anthony and chef Eric Ripert embark on a skiing trip through the French Alps.
1.00 AM **Warbird Workshop**
5.20 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

6.00 AM **The Perfect Murder**
7.00 **Teleshopping**
8.00 **Forbidden: Dying for Love**
10.00 **The Perfect Murder**
11.00 **Killer Unknown**
12.00 NOON **American Detective with Lt Joe Kenda**
2.00 PM **In Pursuit with John Walsh**
4.00 **Murder in the Heartland**
6.00 **Southern Fried Homicide** The case of Marie Hilley, who killed her husband Frank with arsenic so she could collect on an insurance policy. **7.00** The case of millionaire attorney Jim Cannon, who was strangled by his wife Kelley.
8.00 **American Monster** A heinous double-murder at the hands of a loved-one shatters a family.
9.00 **Evil Lives Here** Double bill.
11.00 **Caught in the Net**
12.00 M'T **Your Worst Nightmare**
2.00 AM **American Detective with Lt Joe Kenda** Double bill.
4.00 **to 6.00** AM **Forbidden: Dying for Love**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Cars**
9.00 **How Do They Do It?**
12.00 NOON **Incredible Engineering Blunders: Fixed**
1.00 PM **Richard Hammond's Big**
2.00 **Wheeler Dealers**
5.00 **World's Biggest Shipbuilders** Following the work of elite engineers operating in the world's largest shipyards. **6.00** The workers hoist a 3,000-tonne leg using the yard's floating crane. **7.00** A profile of the *Tangier*, which has been welded together from 129 giant steel blocks.
8.00 **Supertruckers** Sergeant Major and Sully haul quarry machines from Hertfordshire to Port Talbot. **9.00** Trucker Broomey is tasked with transporting a 55-tonne aircraft tow truck. **10.00** Simon has his hands full cleaning up after moving a 40-tonne vehicle.
11.00 **How Do They Do It?**
1.00 AM **Richard Hammond's Big**
2.00 **to 5.00** AM **Misfit Garage**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **Robin and the Hoods** Comedy. (2024, PG) ★★
7.50 **Under the Boardwalk** (2023)
9.20 **Trolls Band Together** (2023)
11.00 **Mean Girls** As 6.05pm.
1.00 PM **Night Swim** As 8.00pm.
2.40 **Sky Cinema Preview**
3.00 **Under the Boardwalk** Animation. (2023, PG) ★★★
4.30 **Trolls Band Together** Animation. (2023, U) ★★★
6.05 **Mean Girls** Musical comedy. (2023, 12, 112min) ★★★

3.00 Under the Boardwalk

8.00 **Night Swim** Horror starring Wyatt Russell and Kerry Condon. A woman swimming in her pool at night is terrorised by an evil spirit. With Amélie Hoeferle and Jodi Long. (2024, 15, 98min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Jericho Ridge** Crime thriller starring Nikki Amuka-Bird. Trapped and alone, a small-town cop must fight for her life when her remote office is targeted by lethal enemies. With Zack Morris and Chris Reilly. (2023, 15, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Concrete Utopia** South Korean drama. Subtitled. (2023, 15, 130min) ★★★★
1.35 AM **Uproar** Comedy drama. (2023, 12, 110min) ★★★
3.35 **Deep Sea** Animation. (2023, PG, 112min) ★★★
5.30 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Blockbusters

303 403 503 517

6.25 AM **The Dictator** As 6.25pm.
8.00 **Home** As shown at 4.55am.
9.40 **Mission: Impossible II** As 8pm.
11.55 **Love Actually** As 10.15pm.
2.15 PM **Ocean's Eleven** Caper thriller with George Clooney. (2001, 12, 116min) ★★★★
4.20 **Barbie** Comedy with Margot Robbie and Ryan Gosling. (2023, 12, 114min) ★★★★
6.25 **The Dictator** Satirical comedy starring Sacha Baron Cohen. (2012, 15, 83min) ★★★

10.15 Love Actually

8.00 **Mission: Impossible II** Action thriller sequel starring Tom Cruise and Dougray Scott. Special agent Ethan Hunt teams up with a cat burglar in order to track down a villain who has a deadly virus at his disposal. With Thandie Newton. (2000, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Love Actually** Romantic comedy starring Hugh Grant, Bill Nighy, Liam Neeson, Colin Firth and Alan Rickman. In the run-up to Christmas, love changes the lives of a host of different characters. (2003, 15, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Ocean's Twelve** Thriller sequel with George Clooney. (2004, 12, 125min) ★★★★
2.55 **The Beekeeper** Thriller. (2023, 15, 105min) ★★★
4.55 **to 6.40** AM **Home** Animation. (2014, U, 94min) ★★★

Sky Cinema Drama

310 410 510 524

6.30 AM **Der Kaiser** Biopic. Subtitled. (2022, PG, 105min) ★★★
8.25 **Summit Fever** As 12.35am.
10.25 **The Patriot** Epic period drama. (2000, 15, 167min) ★★★
1.15 PM **Bonus Track** Comedy. (2023, 12, 98min) ★★★
3.00 **Forrest Gump** Multi-Oscar-winning whimsical fable starring Tom Hanks and Sally Field. (1994, 12, 136min) ★★★★
5.30 **I Wanna Dance with Somebody** Music biopic. (2022, 12, 144min) ★★★★
8.00 **A Beautiful Mind** Biopic starring Russell Crowe as John Nash, a mathematician who suffered from paranoid schizophrenia but went on to win the Nobel Prize. With Ed Harris and Jennifer Connelly. (2001, 12, 136min) ★★★★
10.25 **Allied** Wartime thriller starring Brad Pitt and Marion Cotillard. (2016, 15, 124min) ★★★★
12.35 AM **Summit Fever** Survival thriller starring Ryan Phillippe, Hannah New and Mathilde Warnier. (2022, 15, 115min) ★★
2.40 **Eiffel** Drama starring Romain Duris and Emma Mackey. (2021, 15, 108min) ★★★
4.35 **to 7.00** AM **A Beautiful Mind**

Sky Cinema Sci-fi

311 411 511 525

6.20 AM **Sky Cinema Preview**
7.10 **The Harbinger** As 11.45pm.
8.55 **Anon** Sci-fi thriller starring Clive Owen. (2018, 15, 100min) ★★★
10.50 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
12.30 PM **Minority Report** Steven Spielberg's sci-fi thriller. (2002, 12, 145min) ★★★★
3.00 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
6.00 **The Adjustment Bureau** Romantic sci-fi thriller. (2011, 12, 105min) ★★★★
8.00 **I Am Legend** Sci-fi horror thriller starring Will Smith. A military scientist fears he is the last man on Earth after a deadly virus kills most of humanity and turns the survivors into vicious nocturnal predators. (2007, 15, 101min) ★★★★
9.45 **Something in the Dirt** Comedy drama starring Aaron Moorhead. (2022, 15, 116min) ★★★★
11.45 **The Harbinger** Horror. (2022, 15, 87min) ★★★★
1.30 AM **Dashcam** Horror thriller. (2021, 18, 80min) ★★★
3.05 **Wifelike** Offbeat sci-fi thriller. (2022, 15, 105min) ★★★
4.55 **to 6.40** AM **Continuum** Sci-fi drama. (2013, 15, 89min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

8.00 AM **A Tiger's Tail** As 1.50am.
9.30 **Stuart Little** Children's fantasy. (1999, U, 84min) ★★★★★
11.05 **Johnny English** Comedy. (2002, PG, 88min) ★★★
12.40 PM **Scooby-Doo** Comedy. (2002, PG, 86min) ★★★
2.20 **Scooby-Doo 2: Monsters Unleashed** (2004, PG) ★★★
4.00 **Matilda** (1996, PG) ★★★★
5.55 **Dungeons & Dragons: Honour Among Thieves** Adventure. (2023, 12, 134min) ★★★★

8.10 Robo-Dog: Airborne

8.10 **Robo-Dog: Airborne** Adventure with Michael Campion. After the robot canine goes missing, his friend Tyler sets off on a quest to find him. (2017, U, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **The Portable Door** Fantasy starring Christoph Waltz and Sam Neill. Two interns discover the true agenda of the corporation where they work. (2023, PG, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Patch Adams** Fact-based comedy drama starring Robin Williams and Monica Potter. (1998, 12, 115min) ★★
1.50 AM **A Tiger's Tail** Family drama starring Will Spencer. (2014, U, 81min) ★★★
3.20 **Hot Dog Derby** Family comedy starring Jason London. (2013, U, 82min) ★★
4.55 **to 6.45** AM **Reuniting the Rubins** Comedy drama. (2010, PG, 98min) ★

Sky Cinema Action

307 407 507 521

7.40 AM **Escape Plan** As 3.55am.
9.50 **Welcome to the Punch** Thriller. (2013, 15, 98min) ★★★
11.45 **John Wick** Action thriller. (2014, 15, 101min) ★★★★
1.40 PM **John Wick: Chapter 2** Action thriller sequel. (2017, 15, 122min) ★★★★
3.55 **The Equalizer 3** Thriller sequel with Denzel Washington. (2023, 15, 109min) ★★★
5.55 **San Andreas** Disaster movie. (2015, 12, 114min) ★★★

5.55 San Andreas

8.00 **Looper** Time-travel thriller starring Joseph Gordon-Levitt, Bruce Willis and Emily Blunt. In Kansas in 2044, a young hitman tries to stop his older future self from carrying out a mission of revenge. (2012, 15, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

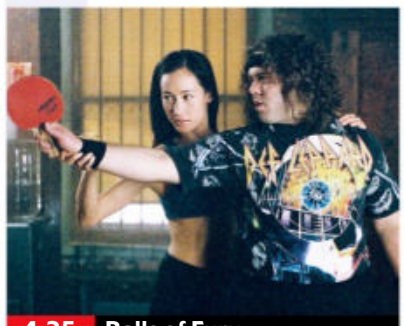
10.10 **Mad Max** Cult action thriller set in a desolate near future, starring Mel Gibson as a tough cop seeking revenge on the bikers who murdered his wife and child. With Joanne Samuel. (1979, 15, 93min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Jackie Chan's Police Story** Action comedy thriller. (1985, 15, 98min) ★★★★
1.55 AM **The Equalizer 3** (2023)
3.55 **to 6.05** AM **Escape Plan** Thriller with Sylvester Stallone. (2013, 15, 113min) ★★★

Sky Cinema Comedy

308 408 508 522

7.20 AM **The Brits Are Coming**
9.10 **Am I OK?** As 6.20pm.
10.50 **Groundhog Day** Comedy. (1993, PG, 103min) ★★★★★
12.45 PM **Cocaine Bear** Comedy thriller. (2023, 15, 95min) ★★
2.35 **Gremlins** Horror comedy. (1984, 12, 106min) ★★★★
4.35 **Balls of Fury** Spoof martial arts movie. (2007, 12, 90min) ★
6.20 **Am I OK?** Romantic comedy drama with Dakota Johnson. (2022, 15, 86min) ★★★


4.35 Balls of Fury

8.00 **Barbie** Fantasy comedy starring Margot Robbie and Ryan Gosling. The living doll's perfect life is turned upside down when she suffers an existential crisis. (2023, 12, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

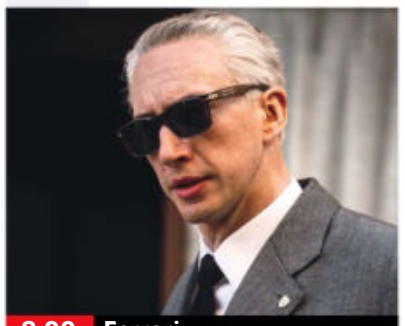
10.10 **Talladega Nights: The Ballad of Ricky Bobby** Comedy with Will Ferrell, Sacha Baron Cohen and John C Reilly. (2006, 15, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Begin Again** Comedy drama starring Keira Knightley. (2013, 15, 102min) ★★★★
2.25 **The Brits Are Coming** Crime caper. (2018, 15, 90min) ★
4.10 **Little Monsters** Comedy horror. (2019, 15, 93min) ★★★★
5.50 **to 8.00** AM **The Fighting Temptations** Musical drama. (2003, PG, 123min) ★★★

Sky Cinema Thriller

309 409 509 523

7.05 AM **The Independent** (2022)
8.55 **False Positive** As 4.15am.
10.30 **Dead Shot** Action thriller. (2023, 15, 92min) ★★★
12.05 PM **Green Zone** Action thriller. (2010, 15, 110min) ★★★★
2.05 **Marnie** Hitchcock thriller. (1964, 15, 130min) ★★★★
4.20 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
6.15 **The Hurricane Heist** Action thriller starring Toby Kebbell. (2018, 12, 103min) ★


8.00 Ferrari

8.00 **Ferrari** Director Michael Mann's drama starring Adam Driver. During the summer of 1957, ex-racecar driver Enzo Ferrari embarks on an epic race across Italy. With Shailene Woodley and Penélope Cruz. (2023, 15, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Extremely Wicked, Shockingly Evil and Vile** Biopic starring Zac Efron and Lily Collins. The life of serial killer Ted Bundy is examined from the perspective of his girlfriend Elizabeth Kloepfer. (2019, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Barbarians** Horror thriller. (2021, 15, 89min) ★★★
2.15 **The Independent** Drama. (2022, 12, 108min) ★★★
4.15 **to 6.00** AM **False Positive** Horror. (2021, 15, 92min) ★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Lavender Hill Mob** Classic Ealing comedy. (1951, b/w, U, 81min) ★★★★★
12.40 PM **Monsters vs Aliens** Animation. (2009, PG) ★★★
2.30 **The Karate Kid Part II** Adventure. (1986, PG) ★★
4.40 **Sister Act 2: Back in the Habit** Musical comedy sequel. (1993, PG, 107min) ★★
6.55 **The Nanny Diaries** Comedy. (2007, 12, 104min) ★★★★

6.55 The Nanny Diaries

The Nanny Diaries (film started at 6.55pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Déjà Vu** Sci-fi thriller with Denzel Washington. A federal agent investigating the bombing of a ferry encounters a window into the past and embarks on a race against time to prevent the tragedy. (2006, 12, 126min) ★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11.25 **Spontaneous** Comedy starring Katherine Langford. When students begin to explode, a group of seniors begin to adjust to a world where each moment could be their last. (2020, 15, 97min) ★★★★ **11 PM**
1.30 **to 3.45** AM **The Secret of Marrowbone** Horror with Anya Taylor-Joy and George MacKay. (2017, 15, 100min) ★★★

+1 hour 314 430 47 301

Sky Cinema Adventure

302 402 502 516

6.05 AM **Journey to the Center of the Earth** Family adventure. (2008, PG, 92min) ★★
7.55 **The Amazing Maurice** Animated family adventure. (2022, PG, 93min) ★★★★
9.45 **Nanny McPhee** Family comedy. (2004, U, 98min) ★★★★
11.30 **Nanny McPhee & The Big Bang** Family comedy fantasy sequel. (2010, U, 109min) ★★★

1.25 PM **Shazam! Fury of the Gods** Superhero adventure sequel. (2023, 12, 130min) ★★★
3.40 **Snow White and the Huntsman** Fantasy adventure. (2012, 12, 127min) ★★★
6.00 **The Huntsman: Winter's War** Fantasy with Chris Hemsworth. (2016, 12, 114min) ★★★
8.00 **Ocean's Eleven** Caper thriller starring George Clooney. (2001, 12, 116min) ★★★★
10.00 **Last Action Hero** Action fantasy. (1993, 15, 130min) ★★★

12.15 AM **After Earth** Sci-fi adventure. (2013, 12, 98min) ★★
2.00 **The Voyagers** Fantasy. (2022, PG, 90min) ★★★
4.00 **The Secret Garden** Drama. (2020, PG, 99min) ★★★★
5.45 **to 7.25** AM **Journey to the Center of the Earth** (2008)

Sky Cinema Bruce Lee

304 404 504 518

7.45 AM **Fist of Fury** As 6.00pm.
9.40 **Game of Death** Martial arts thriller. (1978, 18, 82min) ★★★
11.35 **The Cinema List: Jackie Chan**
11.55 **Game of Death II** As 12.05am.
1.45 PM **Enter the Dragon** (1973)
3.45 **Bruce Lee's Big Boss** Martial arts thriller. (1971, 18, 94min) ★★
5.40 **The Cinema List: Jackie Chan**
6.00 **Fist of Fury** Martial arts thriller. (1972, 18, 106min) ★★★

8.00 **The Way of the Dragon** Martial arts action adventure starring Bruce Lee. A youg man comes to the aid of Chinese restaurant owners in Rome who are being preyed upon by gangsters. With Chuck Norris. (1972, 18, 99min) ★★★
9.55 **Enter the Dragon** Action thriller starring Bruce Lee as an undercover agent who infiltrates a martial arts competition on an island fortress. With John Saxon. (1973, 18, 97min) ★★★★

11.45 **The Cinema List: Jackie Chan**
12.05 AM **Game of Death II** Martial arts crime adventure sequel. (1980, 18, 96min) ★★★
1.50 **Fist of Fury** As 6.00pm.
3.45 **Enter the Dragon** As 9.55pm.
5.40 **to 6.00** AM **The Cinema List: Jackie Chan**

Sky Cinema Animation

305 412 500 514

6.55 AM **Sky Cinema Preview**
7.30 **The Inseparables** As 10.30pm.
9.05 **The Wild Thornberrys Movie** Animated family adventure. (2002, U, 85min) ★★★★
10.45 **Shrek 2** Animated family comedy adventure sequel. (2004, U, 93min) ★★★★★
12.25 PM **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★

2.10 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
4.00 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
5.40 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
7.15 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
8.50 **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★
10.30 **The Inseparables** Animation. (2023, U, 90min) ★★★

12.05 AM **Red Shoes and the Seven Dwarfs** (2019, PG) ★★★
1.50 **A Stork's Journey** Animated adventure. (2017, U, 85min) ★★
3.20 **Birds of a Feather** (2019, U) ★★
4.55 **to 6.30** AM **Megamind vs The Doom Syndicate** Animation. (2024, U, 83min) ★★★

Movies 24

312 419

7.00 AM **The Engagement Back-Up** Comedy. (2022, PG, 91min) ★★
9.00 **Sweet Pecan Summer** Drama. (2021, PG, 84min) ★★
11.00 **Stepping into Love** Romantic drama. (2023, PG, 82min) ★★
1.00 PM **Romantic Rewrite** Comedy. (2022, PG, 82min) ★★
3.00 **PREMIERE** **Mr Pawsitively Perfect** Romantic drama. (2023, PG, 90min) ★★

5.00 **Heaven Down Here** Drama. (2023, PG, 90min) ★★
7.00 **Love's Sweet Recipe** Romantic drama starring Megan Hutchings and Damon Runyan. (2021, PG, 85min) ★★
9.00 **Harmony From the Heart** Romantic comedy with Jessica Lowndes and Jesse Metcalfe. A therapist falls for a doctor while caring for his grandfather. (2022, PG, 87min) ★★
11.00 **Royal Matchmaker** Romantic drama. (2018, PG, 84min) ★★

1.00 AM **Planning on Forever** Romantic comedy drama. (2022, PG, 89min) ★★
3.00 **to 5.00** AM **Luckless in Love** Romantic comedy drama. (2023, PG, 86min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Cinebox Memories**
6.05 **Here Come the Huggetts** Comedy. (1948, b/w, PG) ★★★
7.55 **The Beverly Hillbillies** (S1)
8.30 **Black Saddle** 7/20. (S1)
9.00 **Batman** 11/34. (S1)
9.30 **The Three Musketeers** (S1)
9.50 **Space Patrol** 16/39. (S1)
10.20 **Danny the Dragon** 4/10. (S1)
10.40 **The World of Budgerigars**
11.00 **The Adventures of Robin Hood**

11.30 **The Buccaneers** 25/39. (S1)
12.00 NOON **Hawkeye & the Last of the Mohicans** 30/39. (S1)
12.35 PM **The Fly** (1958, PG) ★★★★
2.25 **The Spare Tyres** Short comedy.
3.00 **Captain Scarlet and the Mysterons** 11/32. (S1)
3.35 **Meet Simon Cherry** Mystery. (1949, b/w, PG, 67min) ★★★
4.55 **Jigsaw** Crime thriller. (1962, b/w, PG, 107min) ★★★
7.00 **Dixon of Dock Green** (S22)
8.00 **Budgie** 5/13. (S2)
9.05 **Margery and Gladys** Comedy.

11.05 **Edgar Wallace Mystery Theatre**
12.15 AM **Confessions of a Window Cleaner** Comedy. (1974, 18) ★
2.00 **Panic in Year Zero** Thriller. (1962, b/w, 18, 93min) ★★★
3.45 **Tread Softly Stranger** Thriller. (1957, b/w, PG, 91min) ★★
5.30 **to 6.00** AM **The Law & Mr Jones**

SATURDAY Sport

Sky Sports Main Event

401 511 501 419 439

5.35 AM **LIVE The Rugby Championship Australia v South Africa.** Kick-off 5.45am.
7.40 Rugby Greatest Games
7.45 My Icon Shaun Gayle.
7.55 LIVE The Rugby Championship New Zealand v Argentina. Kick-off 8.05am.
10.00 Soccer Saturday Pre-Match
10.30 Fantasy Football Pre-Match
11.00 LIVE EFL Oxford United v Norwich City. Coverage of the Championship match at Kassam Stadium. Kick-off **12.30pm**.
2.45 PM **LIVE EFL Milton Keynes Dons v Bradford City.** Coverage of the League Two match from Stadium MK. Kick-off **3.00pm**.
5.15 LIVE EFL Birmingham City v Reading. The League One match at St Andrew's. Kick-off **5.30pm**.
8.30 LIVE PGA Tour Golf Day three of the Wyndham Championship at Sedgefield Country Club.
11.00 LIVE WTA & ATP Tennis Day five of the Canadian Open, staged in Toronto and Montreal.
4.00 to 6.00 AM **LIVE Fight Night International Venado Lopez v Angelo Leo.** Coverage pf the IBF Featherweight world title bout.

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 Premier League Years
9.00 Premier League Stories
9.30 Fantasy Show
10.00 Goals of the Season
11.00 Premier League Stories
11.30 Fantasy Show
12.00 NOON **Soccer Saturday** Simon Thomas and guests preside over the day's football action, including previews of the top games and up-to-the-minute scores.
8.00 PM **Premier League Years** A look at the 2023/24 season, a campaign that saw Manchester City winning an unprecedented fourth-successive top-flight title.
10.00 Class of '92: Full Time The Class of '92 begin their eighth season as owners of Salford City. After a bad start to the campaign, the club turn to the transfer market to revitalise their promotion bid.
11.00 PL Retro The match between Manchester United and Manchester City from the 2009/10 season.
1.00 AM **Premier League Years**
3.00 PL Greatest Games
4.00 Premier League Best Goals
5.30 to 6.00 AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Highlights**
7.00 Good Morning Sports Fans
10.00 Soccer Saturday Pre-Match
10.30 Fantasy Football Pre-Match
11.00 LIVE EFL Oxford United v Norwich City. Coverage of the Championship match at Kassam Stadium. Kick-off **12.30pm**.
2.45 PM **LIVE EFL Milton Keynes Dons v Bradford City.** Coverage of the League Two match from Stadium MK. Kick-off **3.00pm**.
5.15 LIVE EFL Birmingham City v Reading. Coverage of the League One match staged at St Andrew's. Kick-off **5.30pm**.
8.30 EFL Another chance to see the Championship encounter at Kassam Stadium between Oxford United and Norwich City.
10.30 EFL Highlights Leeds United v Portsmouth in the Championship.
10.45 Oxford United v Norwich City in the Championship.
11.00 Milton Keynes Dons v Bradford City in League Two.
11.15 Harrogate Town v Bromley.
11.30 Highlights of Birmingham City v Reading in League One.
11.45 Wrexham v Wycombe .
12.00 M'T **to 6.00** AM **EFL Highlights**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **The Hundred** The women's match between London Spirit and Manchester Originals at Lord's.
9.30 The Hundred Bitesize
10.30 LIVE The Hundred Southern Brave v Trent Rockets. Coverage of the women's match taking place at the Rose Bowl, Southampton. Start-time **11.00am**.
2.00 PM **LIVE The Hundred Southern Brave v Trent Rockets.** Coverage of the men's match at the Rose Bowl, Southampton. Start-time **2.30pm**.
5.30 LIVE The Hundred Welsh Fire v Birmingham Phoenix. The men's match at Sophia Gardens, Cardiff. Start-time **6.00pm**.
9.00 The Hundred Bitesize
10.00 The Hundred The women's match between Welsh Fire and Birmingham Phoenix, staged at Sophia Gardens, Cardiff.
1.05 AM **The Hundred** Another chance to see the men's match between Welsh Fire and Birmingham Phoenix, staged at Sophia Gardens, Cardiff.
4.35 Best of England v Sri Lanka
5.00 to 6.00 AM **The Hundred Bitesize**

Sky Sports Golf

405 515 505 423 443

6.00 AM **PGA Tour Golf**
7.00 Suzann Pettersen: Final Putt
7.45 Solheim Cup Team Talk 2023
8.00 England Golf – Get into Golf
8.30 European Challenge Tour Golf
9.00 PGA Tour Golf
12.00 NOON **Christo Lamprecht: Tall Order** The golfer's journey.
12.15 PM **European Challenge Tour Golf** The Irish Challenge.
12.45 LIVE PGA Tour Golf Coverage of day three of the Wyndham Championship, staged at Sedgefield Country Club in Greensboro, North Carolina.
11.00 US Open Official Films A look back at the 2013 Major, which took place at the Merion Golf Club in Ardmore, Pennsylvania.
12.00 M'T **Golf Academy** Tips.
1.00 AM **PGA Tour Golf**
2.00 Golf Academy Tips and advice.
3.00 US Open Official Films
4.00 PGA Tour Golf
5.00 to 6.00 AM **Golf Academy**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **Tennis** Recent highlights.
12.00 NOON **Tennis** Madrid Open. **12.30** PM The men's final of the Washington Open from William H.G. FitzGerald Tennis Centre. **1.30** Recent action from the WTA and ATP Tours.
5.30 LIVE WTA & ATP Tennis Coverage of day five of the Canadian Open, the WTA and ATP tournament staged in Toronto and Montreal respectively. Jessica Pegula and Jannik Sinner are the two defending champions.
4.00 AM **US Open Classic Matches**
4.45 Billie Jean King: My Story
5.00 to 6.00 AM **Tennis**

TNT Sports 1

410 870 527 408 430

7.30 AM **LIVE AFL Fremantle v Geelong Cats.** Coverage of the match from the 22nd round of fixtures, staged at Optus Stadium in Perth. Bounce-up **7.35am**.
10.30 LIVE AFL Melbourne v Port Adelaide. Coverage of the match from the 22nd round of fixtures at Melbourne Cricket Ground. Bounce-up **10.30am**.
1.30 PM **TNT Sports Reload**
2.00 WWE Monday Night Raw
4.30 MotoGP Rewind
4.45 Between the Lines
5.15 LIVE Pre-Season Football Tottenham Hotspur v Bayern Munich. Coverage of the friendly match at the Tottenham Hotspur Stadium. Kick-off **5.30pm**.
7.30 Premier League Preview
8.30 The Fantasy Show
9.00 UFC: The Ultimate Fighter
10.00 LIVE UFC The preliminary bouts for UFC Vegas 95 in Las Vegas.
12.00 M'T **LIVE UFC Marcin Tybura v Serghei Spivac.** Coverage of the heavyweight bout staged at UFC Apex in Las Vegas.
3.30 AM **UFC Fight Flashback**
4.00 Ultimate Pool Pairs Cup.
5.30 to 6.00 AM **TNT Sports Reload**

TNT Sports 2

411 871 528 409 431

7.30 AM **TNT Sports Reload**
8.00 Test Cricket Highlights
9.00 WWE Friday Night SmackDown
10.30 LIVE AFL Essendon v Gold Coast Suns. Coverage of the match from the 22nd round of fixtures at Marvel Stadium in Melbourne. Bounce-up **10.30am**.
1.30 PM **Test Cricket Highlights** West Indies v South Africa.
2.30 LIVE Test Cricket West Indies v South Africa. Coverage of day four of the first Test in the two-match series at Queen's Park Oval in Trinidad and Tobago.
11.00 One Day International Cricket The third and final ODI in the series between Sri Lanka and India.
12.00 M'T **LIVE MLB Tampa Bay Rays v Baltimore Orioles.** Coverage of the American League East match staged at Tropicana Field. Start-time **12.15am**.
3.15 AM **MLB: Off the Bat**
3.45 What I Wore Jens Lehmann.
4.00 to 7.00 AM **LIVE AFL Carlton v Hawthorn.** Coverage of the match from the 22nd round of fixtures at Melbourne Cricket Ground. Bounce-up **4.10am**.

TNT Sports 3

417 874 529 410 432

6.00 AM **Classic Premier League** West Ham v Arsenal from 2015/16. **6.30** Chelsea v Spurs. **7.00** West Ham v Man Utd. **7.30** Arsenal v Liverpool. **8.00** Bournemouth v Liverpool from the 2016/17 season. **8.30** Burnley v Crystal Palace.
9.00 The Fantasy Show
9.30 Premier League Reload
2.30 PM **TNT Sports Reload**
2.45 GT20 Cricket Action from the first qualifier play-off. **3.45** The eliminator play-off.
4.45 LIVE GT20 Cricket Coverage of the second qualifier play-off.
8.45 TNT Sports Reload
9.00 LIVE MLB Boston Red Sox v Houston Astros. Coverage of the American League match at Fenway Park. Start-time **9.10pm**.
12.15 AM **MotoGP Rewind** A look back at the best of the action from this year's British Grand Prix.
12.30 Between the Lines An interview with Tottenham Hotspur manager Ange Postecoglou.
1.00 Pre-Season Football
2.00 Premier League Legends
3.00 to 6.00 AM **One Day International Cricket**

Sky Sports Action

408 517 507 426 446

5.35 AM **LIVE The Rugby Championship Australia v South Africa.** Kick-off **5.45am**.
7.40 Rugby Greatest Games
7.45 My Icon Shaun Gayle.
7.55 LIVE The Rugby Championship New Zealand v Argentina. Kick-off **8.05am**.
10.00 Super League Highlights
11.00 NFL Highlights
12.15 PM **The Rugby Championship**
2.20 My Icon Leon Pryce.
2.30 LIVE Super League Leeds Rhinos v Wigan Warriors. Coverage from Headingley Stadium. Kick-off **3.00pm**.
6.00 Super League Gold
6.05 LIVE Currie Cup Rugby Union Western Province v Cheetahs. Kick-off **6.10pm**.
8.05 My Icon Casey Stoney.
8.15 Super League Highlights
8.45 Super Bowl LVIII Highlights
9.00 LIVE NFL Minnesota Vikings v Las Vegas Raiders. From US Bank Stadium. Kick-off **9.00pm**.
12.00 M'T **NFL Highlights**
2.00 to 6.00 AM **LIVE Fight Night International Venado Lopez v Angelo Leo.** From Albuquerque.

Sky Sports Mix

416 873 510 429 449

6.00 AM **LIVE NRL Canberra Raiders v Manly Sea Eagles.**
8.00 Super League Highlights
8.30 LIVE NRL North Queensland Cowboys v Brisbane Broncos. Kick-off **8.30am**.
10.30 Super League Highlights
11.00 LIVE European Open Pool The first two quarter-finals.
3.30 PM **Darts Gold** Archive action.
5.30 LIVE European Open Pool The second two quarter-finals.
9.30 Super League Highlights
9.45 My Icon Leon McKenzie.
10.00 NFL Bitesize Highlights
11.00 NFL Highlights
12.00 M'T **LIVE NFL Jacksonville Jaguars v Kansas City Chiefs.**
3.00 AM **LIVE NRLW North Queensland Cowboys v Parramatta Eels.**
4.45 to 6.40 AM **LIVE NRLW Brisbane Broncos v Gold Coast Titans.** Kick-off **4.45am**.

TNT Sports 4

421 876 530 411 434

6.00 AM **MLB Highlights**
7.00 MLB Classic The 2015 Major League Baseball Home Run Derby. **9.00** The best bat flips of 2023.
10.00 MLB Highlights
11.00 GT20 Cricket Qualifier play-off.
1.00 PM **MLB Highlights**
2.00 AFL Brisbane Lions v GWS Giants.
4.00 MLB Classic The 1989 All-Star game at Anaheim Stadium.
4.30 MLB: Off the Bat
5.00 MLB Highlights Recent action.
6.00 LIVE MLB New York Yankees v Texas Rangers. The American League match staged at Yankee Stadium. Start-time **6.05pm**.
9.15 WWE Friday Night SmackDown Wrestling action.
10.45 AFL Action from North Melbourne v West Coast Eagles.
12.45 AM **AFL** Fremantle v Geelong Cats at Optus Stadium in Perth. **2.45** Melbourne v Port Adelaide.
4.45 MotoGP Rewind
5.00 to 6.00 AM **The Football's On**

Eurosport 1

413 868 521 412 435

7.00 AM **Bonjour Paris**
8.00 LIVE Olympics: Athletics Coverage of the men's marathon.
9.30 LIVE Olympics: Canoeing Coverage of the latest semi-finals.
11.00 LIVE Olympics: Weightlifting The men's 102kg event.
11.40 LIVE Olympics: Canoeing Coverage of the latest finals.
1.00 PM **LIVE Olympics: Volleyball** The men's gold medal game.
2.45 Olympics Highlights
3.00 LIVE Olympics: Weightlifting The women's 81kg event.
5.10 LIVE Olympics: Modern Pentathlon Coverage of the men's individual final, featuring fencing and the 200m freestyle
6.00 LIVE Olympics: Athletics The final evening at Stade de France.
9.00 Bonsoir Paris Review.
10.30 Olympics: Modern Pentathlon
11.30 Olympics: Diving
12.00 M'T **Olympics Highlights**
5.30 to 7.00 AM **Bonsoir Paris**

Eurosport 2

414 869 522 413 436

6.00 AM **Olympics: Athletics**
6.55 LIVE Olympics: Athletics Coverage of the men's marathon.
8.00 LIVE Olympics: Taekwondo Coverage from the Grand Palais.
9.15 LIVE Olympics: Climbing The women's boulder and lead final.
10.55 LIVE Olympics: Taekwondo Coverage from the Grand Palais.
11.25 LIVE Olympics: Climbing The women's boulder and lead final.
12.25 PM **LIVE Olympics: Golf** The final round of the women's event.
1.45 LIVE Olympics: Diving The final of the men's 10m platform.
3.45 LIVE Olympics: Track Cycling Coverage from Saint-Quentin-en-Yvelines Velodrome.
7.40 LIVE Olympics: Breaking The conclusion of the men's final.
8.35 LIVE Olympics: Boxing Coverage of four finals.
10.30 Olympics Highlights
2.00 AM **Bonsoir Paris** Review.
3.30 to 6.00 AM **Olympics Highlights**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 Good Morning Sports Fans
10.00 Soccer Saturday: Build-Up
10.30 Fantasy Football Pre-Match
11.00 EFL Build-Up
12.20 PM **LIVE EFL Leeds United v Portsmouth.** Coverage of the Championship match at Elland Road. Kick-off **12.30pm**.
2.45 LIVE EFL Harrogate Town v Bromley. Coverage of the League Two match staged at Wetherby Road. Kick-off **3.00pm**.
5.15 LIVE EFL Wrexham v Wycombe Wanderers. The League One match from the Racecourse Ground. Kick-off **5.30pm**.
7.30 LIVE WTA & ATP Tennis Coverage of day five of the Canadian Open, the WTA and ATP tournament staged in Toronto and Montreal respectively. Jessica Pegula and Jannik Sinner are the two defending champions.
4.00 to 6.00 AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
11.00 Formula 1 Bahrain Grand Prix.
12.00 NOON **Formula 1** Highlights.
6.00 PM **Formula 1** Highlights of the Bahrain Grand Prix at Bahrain International Circuit in Sakhir. **7.00** The Saudi Arabian Grand Prix at Jeddah Corniche Circuit. **8.00** The Australian Grand Prix at Albert Park Circuit in Melbourne. **9.00** The Japanese Grand Prix at Suzuka International Racing Course. **10.00** The Chinese Grand Prix. **11.00** The Miami Grand Prix.
12.00 M'T **Formula 1** Highlights of the Emilia-Romagna Grand Prix.
1.00 to 6.00 AM **The Home of F1**

Sunday

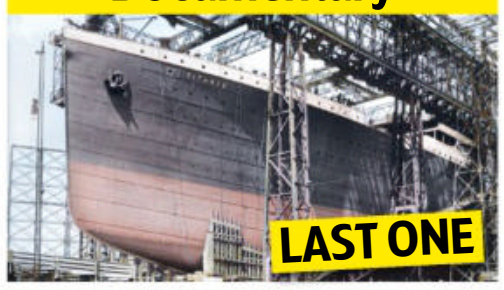
11 August

Evening Planner

Olympics

Modern Pentathlon
BBC1, 11am
The final day of events includes Britain's Kate French continuing the defence of her title at the Château de Versailles.

Documentary



Titanic in Colour
C4, 8pm
The second part of the series, which uses colourised footage, focuses on the ocean liner's launch and five days spent at sea.

Documentary

The Body Next Door
Sky Documentaries, 9pm
This three-parter focuses on a former mining village in the Welsh Valleys where a body was found in November 2015.

Factual

The Other Mrs Jordan
ITV1, 10.15pm
Mary Turner Thomson tells the story of how, for six years, she was married to a man she thought was a CIA agent...

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 Olympics: Paris 2024 – Closing Ceremony – Live: A look back at the highlights of the Games, followed by the closing ceremony							10.30 News
102 BBC2	7.00 Cornwall with Simon Reeve		8.00 Antiques Roadshow		9.00 Vienna Blood			10.30 Corridors of...
103 ITV1	◂ 5.10 Film: Harry Potter and the...		8.00 Midsomer Murders				10.15 The Other Mrs Jordan	
104 CHANNEL 4	7.00 World's Most Secret Hotels		8.00 Titanic in Colour		9.00 Film: Jack Reacher: Never Go Back			
105 CHANNEL 5	◂ 5.10 When TV Goes Horribly Wrong		8.00 22 Kids & Counting		9.00 Mums on Strike		10.00 The World's Most Luxurious Cruise	
106 SKY SHOWCASE	7.00 David Attenborough's Rise of Animals...		8.00 Gladiators		9.00 The Body Next Door		10.00 The Walking Dead: Daryl Dixon	
ENTERTAINMENT								
115 BBC3	7.00 EastEnders		8.00 Top Gear		9.00 Stacey Dooley Sleeps Over	9.45 Film: Children of Men		
116 BBC4	7.00 Eisteddfod 2024 with Huw Stephens		8.00 NYO Plays Mahler's First at the Proms				10.05 The Alehouse Sessions	
118 ITV2	7.00 Celebrity Catchphrase		8.00 Film: Jurassic World					10.30 Family Guy
136 MORE4	◂ 6.55 Four in a Bed		8.00 Emergency Helicopter Medics		9.00 999: On the Front Line		10.00 Surgeons: Life in Their Hands	
135 E4	◂ 5.30 Film: Men in...	7.35 Young Sheldon		8.30 Animal Control	9.00 Film: Infinite			
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Elsbeth		9.00 Fire Country		10.00 The Cleaning Lady	
108 SKY ATLANTIC	◂ 6.40 The Sopranos	7.45 The Lovers			9.00 House of the Dragon			10.25 Yellowjackets
110 GOLD	◂ 6.50 Dad's Army...	7.30 Hancock's Half Hour in...	8.10 Only Fools and Horses			9.20 Ghosts		
111 U&DAVE	7.00 Special Ops: Crime Squad UK				9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
119 ITV3	7.00 Wycliffe		8.00 The Real Crown: Inside the House of...		9.00 Joanna Lumley's Spice Trail Adventure		10.00 Agatha Christie's Poirot	
120 ITV4	7.00 Sharpe				9.10 Film: Tomorrow Never Dies			
112 COMEDY CENTRAL	◂ 6.35 Friends				9.00 Film: Working Girl			
139 SKY SCI-FI	7.00 Stargate SG-1				9.00 Film: Simulant			
113 SKY MAX	7.00 The Walking Dead						10.00 The Walking Dead: Daryl Dixon	
109 ALIBI	7.00 Hudson & Rex				9.00 Death in Paradise		10.00 Smother	
130 SKY ARTS	7.00 Cliff Richard and the Shadows: The Final Reunion					9.50 California Dreamin': The Songs of the Mamas...		
132 U&W	7.00 Inside the Operating Theatre				9.00 Love Me		10.00 Brothers & Sisters	
DOCUMENTARY								
125 DISCOVERY	7.00 How to Build... Everything		8.00 Alaskan Bush People		9.00 Alaska: The Last Frontier		10.00 Shorty's Dream Shop	
162 ANIMAL PLANET	7.00 Crikey! It's the Irwins		8.00 Coyote Peterson: Brave the Wild		9.00 Tanked		10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Border Protection Spain		9.00 Car S.O.S.			
123 SKY HISTORY	7.00 Secrets in the Sand				9.00 Royal Autopsy			
155 U&YESTERDAY	7.00 Find It, Fix It, Flog It		8.00 'Allo 'Allo!				10.15 Bangers & Cash	
121 SKY DOCS	◂ 6.50 The Inventor: Out for Blood In Silicon Valley				9.00 The Body Next Door		10.00 The Wimbledon Kidnapping	
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.00 Mean Girls		8.00 Night Swim			9.45 Concrete Utopia		
302 ADVENTURE	◂ 5.40 Ready Player One		8.00 Total Recall				10.00 Transformers: Rise of the Beasts	
303 BLOCKBUSTERS	◂ 6.05 The Beekeeper		8.00 Mission: Impossible III				10.10 Ghost	
304 GREATS	◂ 5.45 Erin Brockovich		8.00 Bridget Jones's Diary			9.50 Fear and Loathing in Las Vegas		
305 ANIMATION	◂ 5.40 Lego...	7.25 Kung Fu Panda 3			9.10 Riverdance: The Animated Adventure			
306 FAMILY	◂ 6.30 Ghostbusters II			8.30 The Portable Door				10.35 Swallows...
307 ACTION	◂ 6.15 The Dark Tower		8.00 Justice League				10.10 Shane	
308 COMEDY	◂ 5.50 Barbie		8.00 Coming to America				10.10 Kangaroo Jack	
309 THRILLER	◂ 6.00 Hanna		8.00 10 Cloverfield Lane			9.50 Now You See Me 2		
310 DRAMA	◂ 6.10 Charlie Wilson's War		8.00 Terms of Endearment				10.15 Jackie	
311 SCI-FI	◂ 5.40 The Matrix		8.00 Blade Runner				10.05 Monstrous	
313 FILM4	◂ 6.50 Flight of the Phoenix				9.00 Three Thousand Years of Longing			
SPORT								
401 MAIN EVENT	◂ 6.00 The Hundred – Live: Manchester Originals Men v Northern Superchargers Men				9.00 PGA Tour Golf – Live: The Wyndham Championship			
402 PREMIER LEAGUE	7.00 Goals Of The Season		8.00 Premier League Years				10.00 Class of '92: Full Time	
403 FOOTBALL	7.00 EFL Highlights			8.30 SPFL				10.30 EFL Highlights
404 CRICKET	◂ 5.30 The Hundred – Live: Manchester Originals Men v Northern Superchargers Men				9.00 The Hundred Bitesize		10.00 The Hundred	
410 TNT SPORTS 1	7.00 Olympic Games Paris 2024: Closing Ceremony – Live: Coverage from the Stade de France							10.30 Pre-Season...
411 TNT SPORTS 2	◂ 2.30 Test Cricket – Live: West Indies v South Africa							

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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Sunday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
6.50 LIVE **Olympics: Paris 2024** Jeanette Kwakye and JJ Chalmers present coverage of the women's marathon, track cycling and modern pentathlon on the final day of the Games. *See feature, page 6.* (S)
11.00 LIVE **Olympics: Paris 2024** Featuring track cycling action at the Saint-Quentin-en-Yvelines Velodrome and modern pentathlon at the Chateau de Versailles. (S)
1.15 PM **BBC News** (S)
1.30 LIVE **Olympics: Paris 2024** The Games conclude with the final of the women's basketball at the Bercy Arena, where the American team will be expected to claim the final gold medal of Paris 2024. (S)
5.35 **BBC News** (S)
5.50 **Local News** (S)

7.00 Olympics: Closing Ceremony

6 PM
6.00 Countryfile New edition Adam Henson and Charlotte Smith present from the Royal Welsh Show in Llanelwedd, Builth Wells, and take a look back at the event's 120-year history. (S)

7 PM
7.00 LIVE **Olympics: Paris 2024 – Closing Ceremony** Clare Balding look back at the standout stories and images from a remarkable 16 days and 329 events of the 2024 Games, before handing over to Hazel Irvine and Andrew Cotter for the closing ceremony at the Stade de France. Spectators, artists and athletes will join together to celebrate another remarkable event and look ahead to the 2028 Games, which will take place in Los Angeles, before the traditional extinguishing of the Olympic flame. (S)(AD)

8 PM

9 PM

10 PM
10.30 **BBC News** (S)
10.55 **Local News** (S)
11.00 FILM **Blinded by the Light** Coming-of-age drama starring Viveik Kalra, Kulvinder Ghir and Meera Ganatra. A teenager learns to live his life, understand his family and find his own voice through the music of Bruce Springsteen. With Nell Williams. (S) (2019, 12, 110min) ★★★
12.50 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.55 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.50 AM **Breakfast** (S)
8.00 **Countryfile** (S)(R)
9.00 **Beechgrove Garden** (S)(R)
9.30 **Saturday Kitchen Best Bites** New edition Series highlights. (S)
11.00 **Nigel Slater's Simple Suppers** Chocolate cookies. (S)(R)
11.20 FILM **The Cruel Sea** Vintage World War Two naval drama starring Jack Hawkins and Donald Sinden. (S) (1952, b/w, PG, 120min) ★★★★
1.20 PM **Songs of Praise** New edition
2.00 FILM **This Beautiful Fantastic** Drama with Jessica Brown Findlay. (S) (2016, PG, 85min) ★★★
3.25 **Natural World: Great White Shark – A Living Legend** (S)(R)
4.15 FILM **Dial M for Murder** Hitchcock thriller starring Ray Milland and Grace Kelly. (S) (1954, PG, 105min) ★★★★

9.00 Vienna Blood

6.00 Flog It! People are invited to try to make money out of their antiques by taking them to auction. Hosted by Paul Martin. (S)(R)

7.00 Cornwall with Simon Reeve 2/2. Simon investigates the environmental challenges that are facing Cornwall, and encounters some of the county's iconic wildlife, including grey seals. (S)(R)(AD)

8.00 Antiques Roadshow Fiona Bruce and the team are at Lytham Hall in Lancashire, where items include a Victorian automaton, a work by Lowry and medals won by Britain's first black Olympian. (S)(R)

9.00 Vienna Blood Series finale *Mephisto Waltz – Part Two:* 2/2. With Max in the hospital, Detective Rheinhardt is racked with guilt yet is determined to unmask a traitor in the heart of the Austrian establishment but finds himself framed for murder. (S4) (S)(AD)
■ Entire series on BBC iPlayer

10.30 NEW TO BBC2 **Corridors of Power: Should America Police the World?** 1/8. Examining the America's status as the world's only global superpower, beginning with its relationship with Iraq. *Previously shown on BBC4.* (S)(AD)
11.30 FILM **The Elephant Man** David Lynch's moving fact-based period drama starring John Hurt, Anthony Hopkins and John Gielgud. (S)(AD) (1980, b/w, PG, 120min) ★★★★★
1.30 AM **Sign Zone: The Bidding Room** Items include a canoe. (S)(R)
2.15 **Sign Zone: Spent** (S)(R)(AD)
2.45 **to 6.45** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **James Martin's French Adventure** Saint-Tropez. (S)(R)
6.30 **James Martin's Saturday Morning** With Greg Rutherford. (S)(R)
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition (S)(AD)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** Talk show. (S)(R)
11.25 **Jason Atherton's Dubai Dishes** Exploring Dubai Creek. (S)(R)(AD)
12.25 PM **ITV News** (S)
12.30 FILM **Flushed Away** Animated comedy adventure featuring the voice of Hugh Jackman. (S)(AD) (2006, U, 105min) ★★★★
2.15 FILM **Thunderball** James Bond adventure starring Sean Connery. (S)(AD) (1965, PG, 155min) ★★★★
4.50 **ITV News** (S)
5.05 **Local News** (S)

10.15 The Other Mrs Jordan

5.10 FILM **Harry Potter and the Half-Blood Prince** Fantasy adventure sequel based on JK Rowling's book, starring Daniel Radcliffe, Rupert Grint and Emma Watson. Harry Potter attempts to gain crucial information about the past of dark wizard Lord Voldemort as he prepares for the coming showdown with the forces of evil. With Michael Gambon and Jim Broadbent. (S)(AD) (2009, 12, 170min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

8.00 Midsomer Murders *The Sting of Death:* Local aristocrats and beekeepers the Deddingtons have built up a thriving empire, producing a honey with extraordinary healing power that has put the village of Granville Norton on the map. But how far will they go to ensure they are never dethroned? Guest stars Griff Rhys Jones and Imogen Stubbs. (S)(R)(AD)

10.00 **ITV News** (S)
10.15 NEW SERIES **The Other Mrs Jordan** 1/3. Documentary about serial bigamist, fraudster and conman William Jordan. (S)(AD)
■ Entire series on ITVX
11.15 **Piglets** 4/6. Geeta is dreading the bleep test, and Paul gets a final warning. (S1) (S)(R)(AD)
11.45 **Made in Britain** How one firm make the wheelbarrows that helped rebuild Britain. (S)(R)(AD)
12.10 AM **Teleshopping**
3.00 **Motorsport UK** (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jason Atherton's Dubai Dishes** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.10 AM **Countdown** (S)(R)
6.50 **Frasier** 2-4/24. (S9) (S)(R)(AD)
8.05 **Everybody Loves Raymond** (S)(R)
9.30 **Sunday Brunch** New edition Tim Lovejoy and Simon Rimmer host the food and chat show. (S)
12.30 PM **The Simpsons** (S)(R)(AD)
1.50 **A Place in the Sun** (S)(R)
2.50 **Four in a Bed** The first visit of the week is to Derwent House Apartments in Scarborough. (S)(R)
3.20 The B&Bers visit Burton Constable Holiday Park. (S)(R)
3.50 A visit to the Crossings Inn near Carlisle, Cumbria. (S)(R)
4.20 The rivals stay at the Plas Maenan Country House. (S)(R)
4.55 Payment day arrives. (S)(R)
5.25 **News** (S)
5.55 **Paris 2024 Paralympics: Meet the Athletes** (S)(R)(AD)

8.00 Titanic in Colour

6.00 The Secret World of Crisps Documentary about the biggest players in Britain's crisp industry, Smiths, Golden Wonder and Walkers, and how their rivalry has played out over the course of several decades. (S)(R)(AD)

7.00 World's Most Secret Hotels 1/6. Documentary exploring the most hidden and remote hotels on the planet. The first edition visits establishments in Cambodia, Italy, Wales, Sweden and England. (S)(R)(AD)

8.00 Titanic in Colour Series finale 2/2. It is the morning of the *Titanic*'s final day. Survivors' dramatic tales are brought to life by newly restored film featuring their rescue on the ship the *Carpathia*. (S)(AD)

9.00 FILM **Jack Reacher: Never Go Back** Action thriller sequel starring Tom Cruise and Cobie Smulders. The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. With Danika Yarosh and Aldis Hodge. (S) (AD) (2016, 12, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.20 FILM **Ben-Hur** Drama. (S)(AD) (2016, 12, 135min) ★★★
1.35 AM **Paris 2024 Paralympics: Meet the Athletes** (S)(SL)(R)(AD)
1.40 **24 Hours in A&E** (S)(R)(AD)
2.35 **Ramsay's Kitchen Nightmares USA** From California. (S)(SL)(R)
3.25 **Travel Man: 48 Hours in Trieste**
3.50 **Come Dine with Me** (S)(R)
4.45 **Frasier** 10&11/24. (S1) (S)(R)(AD)
5.35 **Paris 2024 Paralympics: Meet the Athletes** (S)(SL)(R)(AD)
5.40 **to 6.20** AM **Countdown** (S)(R)

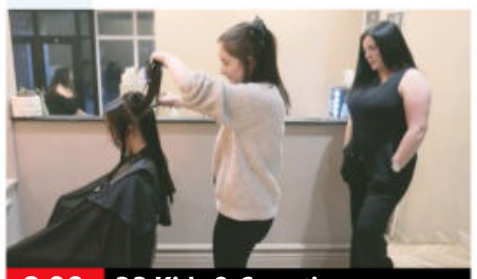
+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.35 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.20 **Cruising with Susan Calman** The comedian concludes her epic trek to Antarctica. (S)(R)
10.10 **Susan Calman's Grand Week by the Sea** Triple bill. (S)(R)
1.05 PM **The Hotel Inspector** Alex visits a hotel in Spain. (S)(R) **2.05** Alex heads to The Blue Inn, Redditch. (S)(R)
3.05 **Coastal Devon & Cornwall with Michael Portillo** The former MP begins this leg of his journey at Devon's most southerly point. (S)(R) **4.05** Michael finishes his trip on Hope's Nose, a headland outside Torquay. (S)(R)
5.05 **News** (S)



8.00 22 Kids & Counting

5.10 When TV Goes Horribly Wrong Ainsley Harriott narrates a selection of less-than-perfect moments from some of the nation's best-loved cookery shows, including *MasterChef, Saturday Kitchen* and *Sunday Brunch*.

8.00 22 Kids & Counting New edition 4/6. Daniel's move to Australia is under threat, while Aimee's hairdressing career could be over before it's even started due to her fear of people. (S)

9.00 Mums on Strike New edition 4/6. Two more couples swap who does the chores, with Vicky taking over from her partner Sean, and John tackling the tasks his wife Chrissy usually does. (S)

10.00 The World's Most Luxurious Cruise Series finale 4/4. The *Seven Seas Splendor* sails around the Canary Islands. (S)

10.55 1974: Most Shocking Moments Outrageous events. (S)(R)

12.55 AM **Entertainment News** (S)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **The Science of Sleep: How to Sleep Better** (S)(R)
3.50 **Chronic Pain: How to Live With It** (S)(SL)(R)
4.40 **House Busters** (S)(SL)(R)
5.05 **House Doctor** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Clifford** (S)(R)(AD)
6.30 **Croods Family Tree** (S)(R)
7.20 **Draw with Will: Video Games** Double bill of editions. (S)
7.40 **Lego DREAMZzz** (S)(R)
8.05 **Monkey Life** (S)(R)(AD)
8.30 **Sunday Morning with Trevor Phillips** Topical discussion.
10.00 **The Office (US)** (S6) (S)(R)
12.30 PM **Africa's Hunters** A disastrous buffalo hunt leaves a lion cub dead. (S)(R) **1.30** A clan of hyenas endures a series of challenges. (S)(R)
2.25 LIVE **Cricket: The Hundred** Manchester Originals v Northern Superchargers: Coverage of the women's match staged at Old Trafford.
5.30 **The Simpsons** *Lisa's Sax:* Bart breaks Lisa's saxophone. (S)(R)

9.00 The Body Next Door

6.00 The Simpsons *Bart Star:* Homer becomes a football coach. (S)(R) **6.30** *The Two Mrs Nahasapeemapetilons:* Apu pretends Marge is his wife when his mother visits. (S)(R)

7.00 David Attenborough's Rise of Animals: Triumph of the Vertebrates 2/2. David looks at how mammals came to dominate the natural world. (S)(R)

8.00 Gladiators New edition 2/4. The ingenious tactics of Australia's toughest fighters, from a kangaroo's deadly boxing moves to the redback spider's precision-engineered trap. (S)

9.00 NEW SERIES **The Body Next Door** 1/3. Documentary about a body found in a small Welsh village in 2015 that was wrapped in many layers of heavy-duty material. (S)

10.00 The Walking Dead: Daryl Dixon *Alouette:* 2/6. Daryl and his new allies are faced with trouble on the road towards the Nest, while Laurent struggles to fit in. (S1) (S)(R)

11.10 Katherine Ryan: Missus A stand-up show by the comedian in which she reveals how marriage has given her new perspectives on life, love and what it means. (S)(R)
12.40 AM **Brassic** 4/8. Erin's dad dies and leaves her in debt. (S5) (R)
1.40 **The Force: Manchester** (S)(R)
3.30 **Road Wars** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.00pm Sportscene: Premiership Highlights (S)(R) **11.45** FILM Blinded by the Light (S) (2019, 12, 110min) ★★★ **1.35am** Weather for the Week Ahead (S) **1.40-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
2.00pm Blue Planet II: Into the Blue (S)(R) **2.10** FILM This Beautiful Fantastic (S) (2016, PG, 90min) ★★★ **3.40** FILM Dial M for Murder (S) (1954, PG, 105min) ★★★★ **5.25** Inside Classical: Grieg's Piano Concerto with Zee Zee (S)(R) **7.00** Wynne's Welsh 80s (S)(R) **7.30-8.00pm** Weatherman Walking: The Welsh Coast (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.50** Penblwyddi Cyw **9.00** Am Dro! **10.00** Garddio a Mwy **10.30** Cynefin **11.30** Ffasiwn Drefn (AD) **12.00noon** Y Sioe Fwyd (AD) **12.30pm** Adre **1.00** Bywyd y Fet **1.30** Trefi Gwyllt Iolo **2.00** Gwesty Aduniad **3.00** Pobol y Cwm: Y Cymeriadau **3.30** Cefn Gwlad **4.30** Ralio+ **5.00** LIVE Sgorio **7.15** Newyddion a Chwaraeon **7.30** Eisteddfod Genedlaethol Cymru New edition **9.00** NEW Lwp: Maes B '24 **10.00** Y Babell Lên 2024 New edition **11.00-11.35pm** Cymry ar Gynfas

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Bobby struggles in his new role. **7.30** Linda is in shock after receiving a blackmail letter.
8.00 **Top Gear** Jeremy Clarkson and James May take part in a race between a car and a yacht in New Zealand.
9.00 **Stacey Dooley Sleeps Over** Stacey meets a Preston family whose teenage son is an amateur cage fighter.
9.45 FILM **Children of Men** Sci-fi thriller starring Clive Owen. In a future Britain where humanity is infertile, a disillusioned former activist tries to smuggle a pregnant woman out of the country. With Michael Caine and Clare-Hope Ashitey. (2006, 15, 109min) ★★★★★
11.25 **Juice** 1&2/6. (S1)
12.20 AM **Top Gear** As 8.00pm.
1.20 **Eating with My Ex**
1.50 **Mobility** Comedy short.
2.00 **Glow Up: Britain's Next Make-Up Star**
3.00 **Juice**
3.30 **to 3.50** AM **Becoming... Furiosa**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM NEW SERIES **Eisteddfod 2024 with Huw Stephens** 1/2. A look at highlights from the National Eisteddfod of Wales in Pontypridd. **7.30** Series finale 2/2. Huw enjoys performances from Wales's top female talent.
8.00 NEW **NYO Plays Mahler's First at the Proms** The National Youth Orchestra of Great Britain perform at the Royal Albert Hall, featuring music by Mahler, Wagner and Missy Mazzioli.
10.05 **The Alehouse Sessions** Norwegian violinist Bjarte Eike and his music group Barokksolistene present a celebration of 17th-century folk music and fiddle tunes.
11.05 **Clive James: Postcards from Paris** Clive makes a return to the city he calls his spiritual home.
11.55 **I Am Not Your Negro**
1.20 AM **Art on the BBC: Van Gogh – Life and Art**
2.20 **to 3.20** AM **The Alehouse Sessions**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Ugly House to Lovely House with George Clarke**
9.55 **George Clarke's Amazing Spaces** A clifftop property.
11.00 **George Clarke's Old House, New Home**
12.00 NOON **Four in a Bed**
2.40 PM **Come Dine with Me**
5.25 **Four in a Bed** The contest begins at Les Chimeres in the south of France. **5.55** The second visit is to Le Manoir in the Dordogne. **6.25** A visit to Le Clos Rabelais in central France.
6.55 **Four in a Bed** From Moulin de la Civiere in Brittany. **7.30** Payment day arrives.
8.00 **Emergency Helicopter Medics** East Anglian heli-meds help a man who has come off his motorbike.
9.00 **999: On the Front Line** New edition A compilation edition looking at some of the injuries that the UK's elderly population have suffered.
10.00 **Surgeons: Life in Their Hands** New edition 4/8. A 25-year-old patient needs a liver transplant, or he may die within months.
11.00 **Emergency Helicopter Medics** Documentary.
12.05 AM **999: On the Front Line**
1.10 **Surgeons: Life in Their Hands** As 10.00pm.
2.05 **Emergency Helicopter Medics** Documentary.
3.10 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks Omnibus**
8.25 **Rude(ish) Tube Shorts**
8.35 **Ramsay's Kitchen Nightmares USA**
12.40 PM FILM **Charlotte's Web** Family drama starring Dakota Fanning. A spider uses her skills to save a piglet from the chop. (2006, U, 97min) ★★★
2.35 **The Big Bang Theory**
5.30 FILM **Men in Black 3** Sci-fi sequel starring Will Smith and Josh Brolin. (2012, PG, 105min) ★★★★
7.35 **Young Sheldon** 3/14. Sheldon explores Germany behind Mary's back. **8.00** New episode 4/14. Missy steps up, and Mary has a surprise for George. (S7)
8.30 **Animal Control** New episode 4/12. The office receive a 911 call about a bear in a hot tub, while Frank questions his night with Dolores. (S1)
9.00 FILM **Infinite** Sci-fi thriller starring Mark Wahlberg and Chiwetel Ejiofor. A man experiencing memories of his past lives is recruited for a mission to save the human race. (2021, 12, 106min) ★★
11.00 **Gogglebox**
12.05 AM **Naked Attraction**
1.05 **First Dates: Valentine's**
2.10 **Animal Control**
2.40 **Modern Family**
3.25 **to 6.00** AM **Hollyoaks Omnibus**

+1 hour 235/236 | 306 | 30 | 123

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 807 110 341 356

6.00 AM **Sun, Sea and A&E**
8.00 **Border Patrol**
10.00 **UK Border Force**
11.00 **The Real A&E**
12.00 NOON **911 Crisis Centre** A routine traffic stop turns into a full-blown pursuit. **12.30** PM Kaitlyn takes a call reporting that two children have been shot in the face.
1.00 **Bondi Rescue** Double bill following the work of lifeguards patrolling Bondi Beach.
2.00 **Nothing to Declare** Ten editions of the documentary.

6.00 Nothing to Declare

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Elsbeth** *Reality Shock:* 3/10. Elsbeth and Kaya investigate when a reality TV star is found dead in her bathtub. (S1)

9 PM

9.00 **Fire Country** *A Hail Mary:* 7/10. The future of Three Rock is in jeopardy as public opinion grows increasingly negative. (S2)

10 PM

10.00 **The Cleaning Lady** *At Long Last*: 12/12. Thony takes things into her own hands to take Kamdar down. (S2)
11.00 **The Rookie** 7/10. (S6)
12.00 M'T **Law & Order: Special Victims Unit** 12/22. (S24)
1.00 AM **Transplant** 7/13. (S2)
2.00 NEW SERIES **The Cleaning Lady** 1/12. Drama. (S3)
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Urban Secrets**
7.50 **Fish Town**
9.30 **Riviera** (S2&3)
2.30 PM **The Sopranos** 13/13. Artie discovers who burned down his restaurant. (S1) **3.40** 1/13. FBI interest mounts in the waste disposal business. **4.40** 2/13. Junior urges Tony to make peace with his mother. **5.40** 3/13. Meadow gets into trouble for drinking. **6.40** 4/13. Tony travels to Italy to do business with a tough female counterpart. (S2)

7.45 The Lovers

7.45 **The Lovers** 1/6. A Belfast supermarket worker begins a relationship with a political broadcaster. **8.25** 2/6. Janet suggests that she and Seamus should have an affair. (S1)

9.00 **House of the Dragon** 8/8. Fantasy drama set 200 years before the events of *Game of Thrones* and telling the story of House Targaryen. Stars Matt Smith. (S2)
10.25 **Yellowjackets** *F Sharp:* 2/10. Shauna meets an intriguing stranger. (S1)
11.30 **Big Little Lies** 4/7. Nathan invites Madeline to a dinner to discuss Abigail. (S1)
12.35 AM **House of the Dragon** As shown at 9.00pm.
2.00 **The Leftovers** 3/8. (S3)
3.05 **We Own This City** 5/6.
4.10 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **MacGyver** 1-3/15. (S5)
9.00 **NCIS: New Orleans** (S7)
1.00 PM **Grimm** Four episodes of the series, including at: **3.00** 3/13. Nick plans to take Renard out of his element. **4.00** 4/13. A terrifying new Wesen targets a family. (S6)
5.00 **The Walking Dead** 9/16. Alexandria's walls have been breached, leaving Rick and his group to fight off the undead. **6.00** 10/16. A seemingly simple scavenging run proves to be tricky. (S6)

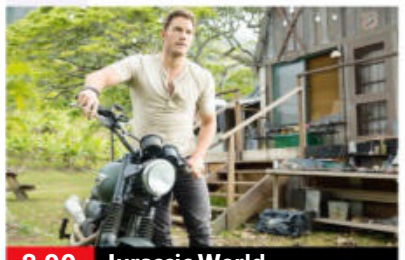
1.00 Grimm

7.00 **The Walking Dead** *Knots Untie:* 11/16. Rick faces a difficult decision over where he and his group might next take refuge.
8.00 **The Walking Dead** *Not Tomorrow Yet:* 12/16. Rick and the residents of Alexandria face a new enemy.
9.00 **The Walking Dead** *The Same Boat:* 13/16. Some of Rick's fellow survivors are taken hostage by vicious new rivals. (S6)
10.00 **The Walking Dead: Daryl Dixon** *Alouette:* 2/6. Daryl and his allies face trouble on the road towards the Nest. (S1)
11.10 **Funny Woman** 3/6. Sophie stays in London to record the show, but when the pilot is aired it is not the instant hit hoped for. (S1)
12.10 AM **Brassic** 4/8. Erin's dad dies and leaves her in debt. (S5)
1.10 **The Force: Manchester**
3.10 **Road Wars**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.30 **Totally Bonkers Guinness World Records**
9.45 **Love Bites**
11.45 **Dress to Impress**
1.45 PM **Family Fortunes**
2.45 **In with a Shout**
3.45 **In for a Penny**
4.15 FILM **Madagascar** Animated comedy featuring the voices of Ben Stiller, Chris Rock and David Schwimmer. (2005, U, 86min) ★★★
6.00 **Wheel of Fortune**


8.00 Jurassic World

7.00 **Celebrity Catchphrase** Neil Morrissey, Ria Hebden and Dianne Buswell take part in the game show for their charity.
8.00 FILM **Jurassic World** Action adventure sequel starring Chris Pratt and Bryce Dallas Howard. A safari park for genetically engineered dinosaurs creates a new species – only for it to escape and terrorise the tourists. (2015, 12, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.30 **Family Guy** 4/18. Brian becomes an estate agent after having cosmetic surgery. (S13)
11.00 **Family Guy** 14/21. (S12)
11.30 **American Dad!** (S9)
12.30 AM **Iain Stirling's CelebAbility**
1.15 **All American** 10/19. (S3)
2.15 **Totally Bonkers Guinness World Records**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Bless This House**
7.00 **A Touch of Frost** Double bill.
11.15 FILM **Carry On Abroad** Comedy starring Sidney James. (1972, PG, 89min) ★★
1.00 PM **Agatha Christie's Poirot** *The King of Clubs:* An actress witnesses a murder. **2.00** *The Big Four:* The sleuth enters the world of espionage. **4.00** *Dead Man's Folly:* A game of murder hunt takes a twist.
5.55 **Wycliffe** *Four and Twenty Blackbirds*: 5/8. A sheep farmer goes missing. (S2)

9.00 Spice Trail Adventure

7.00 **Wycliffe** *Happy Families:* 6/8. The Cornish copper investigates when a schoolgirl is found dead after a disco. (S2)
8.00 **The Real Crown: Inside the House of Windsor** 2/5. Princess Anne survives an attempted kidnapping.
9.00 **Joanna Lumley's Spice Trail Adventure** Joanna heads off on a journey to visits important places in the spice trade.
10.00 **Agatha Christie's Poirot** *The ABC Murders:* The dapper Belgian sleuth investigates a bizarre series of deaths.
12.00 M'T **After the Flood** 5/6. Jo and Tasha discover an unexpected side to Daniel's life as they follow a fresh lead. **1.00** AM 6/6. Jo finally gets the answers that she's been searching for. (S1)
2.00 **to 2.30** AM **Bless This House**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
7.15 **Sportscene: Premiership Highlights** Today's top-flight action, featuring Kilmarnock v St Johnstone and Hibernian v Celtic.
8.00 **Grand Tours of Scotland's Rivers** 3/3. Paul Murton follows the eastward course of the River South Esk.
9.00 **Island Crossings** New edition 4/8. Ultra-runners race across the Hebrides on a route involving two ferries.
10.00 **Still Game** *Oot:* 5/6. An old pal turns up after 35 years. (S3)
10.30 **Edinburgh Unlocked 2024** 1/3. The best of the Edinburgh Festival.
11.00 PM **to 12.00** M'T **Paramedics on Scene** A teenage girl suffers a fall from a high fence.

Sky Comedy

114/115 814 112 347 362

8.00 AM **The Conners** (S3)
10.30 **Young Rock** (S2)
1.00 PM **Dice** 3-7/7. (S2)
4.00 **Will & Grace** (S2&3)
6.30 **The Office (US)** Five episodes, including at: **8.00** 14/26. A possible buyer visits the office. **8.30** 15/26. Michael has trouble adjusting to Dunder Mifflin's acquisition. (S6)
9.00 **Barry** 8/8. Barry looks to seek vengeance. (S2) **9.40** 1/8. Barry tries to untangle himself from contract killing for good. **10.20** 2/8. Barry learns the extent of Gene's Hollywood history. **11.00** 3/8. Barry and Gene take on new opportunities. (S3)
11.40 **Katherine Ryan: Missus**
1.00 AM **Nikki Glaser: Someday You'll Die**
2.15 **Flight of the Conchords**
2.55 **Enlightened** (S1)
4.25 **to 5.00** AM **Camping (US)**

Sky Arts

130/131 826 123 36 147 365

6.00 AM **Music of India**
7.00 **Cirque du Soleil**
8.15 **Tales of the Unexpected**
11.00 **The Joy of Painting**
12.00 NOON **Alfred Hitchcock Presents**
1.00 PM **Comedy Legends**
2.00 **Classic Movies: The Story of Brief Encounter**
3.00 NEW **Mozart: The Magic Flute – Salzburg**
5.30 **Simon & Garfunkel: The Harmony Game**
7.00 **Cliff Richard and the Shadows: The Final Reunion** From 2009.
9.50 **California Dreamin': The Songs of the Mamas and the Papas**
11.10 **From the Vaults**
12.10 AM **Willie Nelson & Wynton Marsalis: Live at the Lincoln Center, New York**
1.30 **Johnny Cash Live at Montreux**
3.00 **From the Artists Den**
4.00 **The Great Songwriters**
5.00 **to 6.00** AM **Discovering**

Sky Mix

151 135 11 144

6.00 AM **Border Patrol**
8.00 **Moominvalley**
8.25 **Bad Nature**
8.40 **Let's Game**
8.50 **MC Grammar: It's a Summer Holiday!**
9.00 **Monkey Life**
11.30 **999 Frontline**
12.00 NOON **Brit Cops: Law & Disorder**
1.00 PM **Caught Red Handed**
3.00 **Border Security: Australia's Front Line**
5.00 **Highway Cops**
6.00 **Caught Red Handed**
8.00 **Nothing to Declare**
9.00 **Snapped**
10.00 **FBI: Most Wanted** *Grudge:* 13/14. The team hunt for a vengeful cyber-stalker (S1)
11.00 **Murder on Middle Beach** Documentary.
12.00 M'T **Caught on Dashcam**
1.00 AM **Brit Cops: War on Crime** Documentary.
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Be

131/132 119 28 119

7.00 AM **Unwind**
7.25 **Sam and Billie: The Mummy Diaries**
8.30 **The Real Housewives of Atlanta** Double bill.
10.25 **Buying and Selling**
12.25 PM **The Real Housewives of Potomac**
5.00 **Extreme Makeover: Home Edition**
6.00 **Celebrity Dinner Date**
7.00 **Ainsley's Mediterranean Cookbook** Sardinia.
8.00 **Gino's Italy: Like Mamma Used to Make** Gino explores Tuscany. **8.30** Gino returns to Torre Del Greco.
9.00 **Botched** A woman who had a mastectomy to beat cancer.
10.00 **The Real Housewives Ultimate Girls' Trip** Series finale Jill takes the group canoeing.
11.00 **Botched**
11.55 **Vanderpump Rules**
2.00 **to 5.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the series, including at: **6.00** *The Petrified Florist:* A florist is killed. **7.00** *Threshold of Fear:* Guest stars Cynthia Nixon and David Soul. **8.00** *The Big Kill:* A corporate rescue bid results in murder.
9.00 **An Aurora Teagarden Mystery: Reunited and It Feels So Deadly** Crime drama starring Candace Cameron Bure.
10.50 **An Aurora Teagarden Mystery: An Inheritance to Die For** Crime drama starring Candace Cameron Bure.
12.40 AM **Castle** 4&5/24. (S5)
3.00 **Hart to Hart** (S2)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257 62

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Extreme E: Electric Odyssey**
6.30 **Motorsport Mundial**
7.00 **Motorsport UK**
8.00 **World Rally Championship Highlights** The Rally Finland.
9.00 **English Football League Highlights** Recent action.
10.30 **Auto Mundial** New edition
11.00 **Dramatic Finishes**
11.10 LIVE **British Touring Car Championship** Coverage of round seven from Knockhill.
6.20 PM **British Touring Cars**
6.30 **River Monsters**

9.10 Tomorrow Never Dies

7.00 **Sharpe** *Sharpe's Battle:* 2/3. The officer is charged with transforming the Royal Irish Company into an experienced fighting unit, but rumours of a massacre in Ireland have a negative effect on the men's morale. (S3)

9.10 FILM **Tomorrow Never Dies** Action thriller with Pierce Brosnan and Jonathan Pryce. James Bond investigates a shadowy tycoon who is manipulating events to boost his media empire. (1997, 12, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

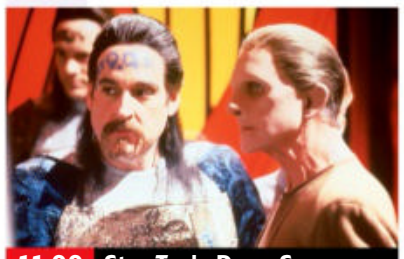
11.30 **Auf Wiedersehen, Pet** 4/13. The lads are forced to down tools so set about making themselves unpopular with the local pub landlord. (S2)
12.35 AM **The Professionals**
1.35 **The Motorbike Show**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Deep Space Nine** Five episodes, including at: **2.00** PM 9/20. An alien hides his consciousness within a crew member's brain. **3.00** 10/20. Quark is forced to play a deadly game. (S1)
4.00 **Stargate SG-1** 8/22.Teal'c's son is kidnapped by Apophis. **5.00** 9/22. A reporter puts the undercover project at risk. **6.00** 10/22. Teal'c is stung by a giant insect. (S2)


11.00 Star Trek: Deep Space...

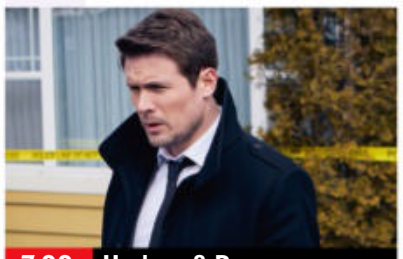
7.00 **Stargate SG-1** *The Tok'ra – Part One:* 11/22. Samantha has a vision that leads to a meeting with the Tok'ra.
8.00 **Stargate SG-1** *The Tok'ra – Part Two:* 12/22. Samantha's terminally ill father agrees to become a host for Selmak. (S2)
9.00 FILM **Simulant** Sci-fi thriller starring Robbie Amell and Jordana Brewster. A humanoid enlists a global hacker to remove all restrictions on his thoughts, which triggers an AI uprising. (2023, 15, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 **Westworld** 3/10. Ford throws the park into disarray when he takes over its storylines himself. **12.10** AM 4/10. Dolores finds help in the form of reluctant Westworld visitor William. (S1)
1.20 **Intergalactic** 3&4/8. (S1)
3.15 **Monstrous** 1/6. (S1)
4.05 **to 6.00** AM **Star Trek: Enterprise**

+1 hour 209/210 314

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries** (S5)
10.00 **Father Brown** Four episodes.
2.00 PM **Inspector George Gently** *Gently with Class:* An aristocratic family are implicated in a woman's death.
4.00 **Death in Paradise** 6/9. A woman is suspected of reporting her own murder. (S11)
5.00 **Shakespeare & Hathaway: Private Investigators** 10/10. Frank and Lu delve into the world of private tutoring. (S3)
6.00 **Death in Paradise** 7/9. A rap artist is shot dead. (S11)


7.00 Hudson & Rex

7.00 **Hudson & Rex** *Bad Water Rising:* 11/16. An activist is killed during a break-in at a water bottling plant.
8.00 **Hudson & Rex** *A Cult Education:* 12/16. Donovan's ex-wife wakes up with a dead roommate in her apartment. (S1)
9.00 **Death in Paradise** *Death of a Pawn:* 8/9. A prestigious chess match ends in murder. (S11)
10.00 **Smother** 4/6. Paul convinces Val that she has to cut herself off from her family due to their toxic influence. (S3)
11.00 **So Help Me Todd** 5/10. Margaret and Todd defend Lyle's mother Jaqueline, an international opera star and supreme diva. (S2)
12.00 M'T **Death in Paradise** (S10)
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

GOLD

110/111 810 124 344 359

7.20 AM **Only Fools and Horses**
12.55 PM **Only Fools and Horses** Five episodes, including at: **3.05** Raquel's father finds an old watch among the Trotters' junk, which he claims could net them a fortune at auction. **4.30** Del Boy becomes a yuppie and Rodney begins attending a computer course. **5.40** Del gets his hands on a consignment of rubber dolls.
6.50 **Dad's Army: The Lost Episodes** Frazer and Jones compete for a promotion.

6.50 Dad's Army: Lost Episodes

7.30 **Hancock's Half Hour in Colour** Tony is selected for jury duty and stands up to his fellow jurors.
8.10 **Only Fools and Horses** A retired jeweller offers Del the deal of a lifetime – then has a heart attack and gets taken to hospital with the merchandise still in his briefcase.
9.20 **Ghosts** The harmony at Button House is broken when a photo goes viral.
10.00 **Ghosts** Alison tries to find out why the ghosts are acting so strangely. **10.35** An old friend of Kitty's reappears.
11.15 **Hancock's Half Hour in Colour** As shown at 7.30pm.
11.55 **Britain's Greatest Comedy Character** A jury of comedians, actors and writers discuss the country's greatest comedy character.
2.55 **to 4.00** AM **Ghosts**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Whose Line Is It Anyway? USA** Double bill.
8.00 **Storage Hunters UK**
9.00 **Abandoned Engineering**
11.00 **Top Gear** Double bill.
1.00 PM **Storage Hunters UK**
3.00 **Gino's Italian Coastal Escape** Four editions.
5.00 **Motorhoming with Merton & Webster** Paul and Suki head for Somerset.
6.00 **Simon Reeve's South America** The adventurer visits Venezuela, Guyana, Suriname and French Guiana.

10.00 QI

7.00 **Special Ops: Crime Squad UK** A police response unit in Surrey are called to a stabbing at a teen house party.
8.00 **Special Ops: Crime Squad UK** The National Crime Agency take on a people-trafficking group.
9.00 **Have I Got a Bit More News for You** Jo Brand hosts the satirical quiz, with guests Feargal Sharkey and Zoe Lyons.
10.00 **QI** With Bridget Christie, Johnny Vegas, Holly Walsh and Alan Davies.
10.40 **Mock the Week** With Ed Byrne and Milton Jones.
11.20 **Live at the Apollo** With Suzi Ruffell, Alfie Brown and Sikisa.
12.20 AM **Hate Thy Neighbour** New edition Jamali Maddix meets members of the Israelite School of Universal Practical Knowledge.
1.20 **to 4.00** AM **Room 101**

+1 hour 211/212 327 57

Sunday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **A Place in the Sun**
1.00 PM **The Great House Giveaway** Triple bill.
4.00 **A Place in the Sun** A music therapist looks for a property in Crete. **5.00** A couple look for a holiday home in Spain. **6.00** Searching for a holiday home in Tenerife. **7.00** Laura Hamilton helps a couple find their dream home in Spain.
8.00 **Celebrity PopMaster TV** With Toyah Willcox, Richard Blackwood, Sally Lindsay, MistaJam and Kimberly Wyatt.
9.00 **Gogglebox** Double bill.
11.05 **First Dates**
12.10 AM **8 Out of 10 Cats Does Countdown**
2.15 **Jimmy Carr's I Literally Just Told You**
3.20 **Paris 2024 Paralympics: Meet the Athletes**
3.25 **Worst House on the Street** Property series.
4.20 **to 4.50** AM **On the Edge: Final Countdown**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S1)
1.00 PM **NCIS** 17/24. (S9)
1.55 **Entertainment News**
2.00 **NCIS** 18-21/24. (S9)
5.55 **Entertainment News**
6.00 **NCIS** *Playing with Fire:* 22/24. The team discover the elusive arsonist was not working alone. **7.00** *Up in Smoke:* 23/24. The investigators try to catch terrorist Harper Dearing. **8.00** *Till Death Do Us Part:* 24/24. Agent Gibbs takes desperate measures to track down Harper Dearing. (S9)
9.00 **NCIS: Hawai'i** *The Tourist:* 6/22. The wife of a naval weapons officer disappears. (S1)
10.00 **Law & Order: Special Victims Unit** (S13)
2.00 AM **The Blacklist** (S2)
3.50 **to 4.00** AM **Entertainment News**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Shoplifters: Caught Red Handed**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Twenty officers arrest members of a gang. **6.00** A driver is clocked at over 140mph. **7.00** A high-speed pursuit through Lincoln. **8.00** Jon Peacock encounters a half-naked man covered in blood.
9.00 FILM **Dangerous Minds** Fact-based drama with Michelle Pfeiffer and George Dzundza. (1995, 15, 101 min) ★★★
11.10 FILM **The Courier** Action thriller starring Olga Kurylenko and Gary Oldman. (2019, 18, 99min) ★
1.10 AM **It's Your Fault I'm Fat** Documentary.
2.10 **Police Interceptors**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.25 **Trucking Hell**
3.25 PM FILM **The Kid from Texas** Western. (1949, U, 78min) ★★
5.00 FILM **Torpedo Run** World War Two drama. (1958, U, 98min) ★★
7.00 **Warship: Life at Sea** Documentary following life on board *HMS Northumberland*. **8.00** New officer recruit Olivia joins for her first taste of life at sea. **9.00** Chef Sauhil is feeling the strain. **10.00** The new chaplain helps with the problem of decreasing morale.
11.00 **Transporter: The Series** 1&2/12. (S1)
1.00 AM FILM **Driven to Kill** Action thriller. (2009, 18, 94min) ★★
3.00 **World's Deadliest Weather: Caught on Camera** Documentary.
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Tipping Point**
11.00 **My Family** Triple bill.
1.00 PM **Miranda** Triple bill.
3.00 **Michael McIntyre's The Wheel** Triple bill.
7.00 **Inside the Operating Theatre** A patient has keyhole surgery to repair his hernia. **8.00** A woman has an operation on her wrist after a year of agony.
9.00 **Love Me** 6/6. Aaron receives some news that threatens his relationship with Jesse. (S1)
10.00 **Brothers & Sisters** *Game Night:* 19/23. The Walkers challenge their rivals to a game night. **11.00** *Bad News:* 20/23. Sarah learns of Joe's indiscretion. (S1)
12.00 M'T **Louis Theroux: Talking to Anorexia**
1.15 AM **Bang on Budget**
2.05 **to 3.00** AM **16 Kids and Counting**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.00 AM **Birds of a Feather**
7.30 **The Bill**
12.30 PM **Emma**
3.10 **Catherine Cookson's The Glass Virgin** Drama starring Nigel Havers.
6.40 **Last Tango in Halifax** 2/6. Celia and Alan throw an engagement party, and Gillian tells Raff the truth about his father's death. (S1)
8.00 **Sister Boniface Mysteries** *Lights, Camera, Murder!* 2/10. A live gun is fired on a film set. (S1)
9.00 **Silent Witness** *Coup de Grace:* Nikki's testimony frees a convicted killer.
11.15 **Taggart** *Ring of Deceit:* Jim looks into the latest in a series of murders by a calculating killer known as The Mechanic.
2.05 AM **Whitstable Pearl**
3.05 **to 4.00** AM **Birds of a Feather**

+1 hour 243 316 60

SUNDAY Entertainment

Sunday

Really
142 128 17 160

6.00 AM **Celebrity Fantasy Homes** From Devon.
7.00 **Teleshopping**
8.00 **Celebrity Fantasy Homes** Double bill.
10.00 **Dr Pimple Popper**
1.00 PM **A Place in the Sun**
6.00 **The Derbyshire Auction House**
7.00 **1000lb Sisters** The sisters hope for a life-changing weigh-in. **8.00** Amy undergoes gastric bypass surgery.
9.00 **Body Bizarre** A woman who is blind in one eye has pioneering surgery. **10.00** A baby with a tumour on her face. **11.00** A teenager has a lymphatic malformation in her face that means she has never talked.
12.00 M'T **Help! My House Is Haunted** Documentary.
1.00 AM **The Dead Files**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Dr Jeff: Rocky Mountain Vet**

Challenge
145 139 48 146

7.00 AM **Scrapheap Challenge** Triple bill.
10.00 **The Crystal Maze**
11.00 **Play Your Cards Right**
12.00 NOON **Dickinson's Real Deal** From Norwich.
1.00 PM **Lily Savage's Blankety Blank**
3.00 **Through the Keyhole**
4.00 **Cash Trapped**
5.00 **The Celebrity Chase** With Adrian Chiles, Gemma Merna, Rosie Marcel and Jon Snow. **6.00** Kym Marsh, Louie Spence, Tracey Cox and Greg Rusedski compete for charity.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Celebrity Chase** Ranvir Singh, John Sergeant, Ugo Monye and Mariella Frostrup work as a team.
10.00 **The Chase** Six editions.
4.00 AM **The Celebrity Chase**
5.00 **to 6.00** AM **The Chase**

GREAT! action
323 426 42

8.00 AM **Coast Guard Alaska**
9.10 FILM **Tomorrow We Live** War drama. (1942, b/w, U, 87min) ★★
11.00 FILM **Midnight in Saint Petersburg** Spy thriller. (1995, 15, 85min) ★★
1.00 PM **Wild West Chronicles** Docu-drama.
1.30 FILM **Ambush at Tomahawk Gap** Western. (1953, PG, 73min) ★★★
3.10 FILM **Four Fast Guns** (1960, b/w, U) ★★
4.45 FILM **The Proud Rebel** Western. (1958, b/w, U, 108min) ★★★
7.00 FILM **Whispering Smith** Western. (1948, PG) ★★
9.00 FILM **Ninja** Thriller. (2009, 18, 115min) ★★
10.55 FILM **Last Knights** Adventure. (2015, 15) ★★
1.20 AM FILM **Global Meltdown** (2017, PG) ★
3.10 **Battle of Kursk**
4.00 **to 5.00** AM **War Machines**
+1 hour 324

GREAT! movies
321 425 34

9.00 AM FILM **Fatal Reunion** Thriller. (2005, 12) ★★
11.00 FILM **The Neighbourhood Nightmare** Thriller. (2018, 12, 89min) ★★
1.00 PM FILM **Vertical Limit** Action adventure. (2000, 12, 124min) ★★★
3.30 FILM **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
6.25 FILM **Runaway Jury** Legal thriller. (2003, 12, 127min) ★★★★
9.00 FILM **Righteous Kill** Crime thriller. (2008, 15, 97min) ★★★
11.05 FILM **A Bronx Tale** Crime drama. (1993, 18, 121min) ★★★★
1.35 AM FILM **Witness Unprotected** Thriller. (2018, 90min) ★★
3.30 **Wild West Chronicles**
4.00 **to 6.00** AM FILM **Lethal Beauty** Thriller. (2018, 12, 90min) ★★
+1 hour 322

GREAT! romance
319 424 52

8.00 AM FILM **Love, Once and Always** Drama. (2018, PG, 90min) ★★
10.00 FILM **I Me Wed** Comedy. (2007, PG, 90min) ★★
12.00 NOON FILM **Valentine Ever After** Drama. (2016, PG, 84min) ★★
2.00 PM FILM **Love By Chance** Comedy. (2016, PG, 90min) ★★
4.00 FILM **Moonlight in Vermont** Romance. (2017, PG, 90min) ★★
6.00 FILM **Love, of Course** Comedy. (2018, PG) ★★
8.00 FILM **Bottled with Love** Drama. (2019, PG) ★★
9.50 FILM **As Gouda As It Gets** Comedy drama. (2020, PG, 90min) ★★
12.00 M'T FILM **Tell Me I Love You** Romantic comedy. (2020, PG, 78min) ★★
2.00 AM **Highway to Heaven**
3.10 **to 5.00** AM FILM **Anything for Love** Comedy. (2016, PG) ★★
+1 hour 320 63

GREAT! real
189 61

9.00 AM **Thief Trackers**
10.00 **Police Ten 7**
12.00 NOON **Airline USA**
1.00 PM **The People's Vet**
3.00 **Island Medics**
5.00 **Emergency Rescue: Air, Land & Sea**
7.00 **Air Rescue** Four editions of the documentary.
9.00 **Code 1: Extreme** The rescue team winch a biker out of a gorge. **9.30** A farmer suffers life-threatening injuries. **10.00** A woman may have has ruptured her pelvis after an accident. **10.30** A girl is found unconscious at school.
11.00 **Police Ten 7** Four editions following the work of police officers in New Zealand.
1.00 AM **Coast Guard Pacific Northwest** Double bill.
3.00 **Cops Uncut**
5.00 **to 6.00** AM **Coast Guard Alaska**
+1 hour 289

DMAX
159 169 39 150

6.00 AM **Baggage Battles**
9.00 **Fast N' Loud**
11.00 **Fifth Gear Recharged**
1.00 PM **Wheeler Dealers**
6.00 **Gold Divers**
7.00 **Expedition Mungo** A bid to capture Peru's yacumama snake on film.
8.00 **Expedition Bigfoot** A mysterious shadow gets too close for Ronny and Mireya's comfort.
9.00 **UFO Witness** Alleged extraterrestrial encounters in the US.
10.00 **Contact Project** Recordings by the US and Russian Navy.
11.00 **Jeremy Wade's Dark Waters** From Ireland.
12.00 M'T **Naked and Afraid**
1.00 AM **Ed Stafford: Into the Unknown**
2.00 **Teleshopping**
4.00 **Treehouse Masters**
5.00 **to 6.00** AM **Baggage Battles**
+1 hour 259 369 151

Food Network
140/141 190 43 148

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **The Hairy Bikers Go Local** A Scottish-Malaysian fusion cafe.
9.00 **River Cottage Every Day** Triple bill of editions.
12.00 NOON **James Martin's French Adventure**
3.00 PM **The Great British Bake Off** Five editions.
8.00 **Marcus in the Med: Mallorca** Marcus discovers a local favourite, Vermouth.
8.30 **Marcus Wareing's Tales from a Kitchen Garden** The chef is on the hunt for the perfect cows.
9.00 **Classic Mary Berry** A range of recipes to tempt family and friends. **9.30** Including recipes for classic kedgeree and breakfast drop scones.
10.00 **Guy's Grocery Games**
12.00 M'T **to 3.00** AM **Diners, Drive-Ins and Dives**
+1 hour 240/241 149

Legend
148 149 41 137

7.00 AM **World's Most Unexplained...**
8.00 FILM **This Savage Land** Western. (1969, PG) ★★
10.00 **Mission: Impossible**
3.00 PM FILM **The Count of Monte Cristo** Adventure. (1974, U) ★★
5.00 FILM **Doctor Faustus** Adaptation of Christopher Marlowe's acclaimed play. (1968, PG, 93min) ★
6.50 FILM **Dr Terror's House of Horrors** Chiller compendium. (1964, PG, 98min) ★★★
9.00 FILM **Robert the Bruce** Historical drama. (2019, 15, 124min) ★★★
11.20 FILM **Smokey and the Bandit III** Comedy adventure sequel. (1983, 15, 80min) ★★
1.05 AM FILM **Iron Sky: The Coming Race** Fantasy. (2019, 15, 90min) ★
2.55 **to 4.50** AM FILM **The Titan** Sci-fi thriller. (2018, 15, 97min) ★★

Legend Xtra
317 171 69 138

6.00 AM FILM **The Philadelphia Experiment** Sci-fi. (2012, 15, 89min) ★★
8.00 FILM **Megalodon** Thriller. (2018, 15, 105min) ★
10.00 FILM **7 Guardians of the Tomb** Adventure. (2018, 12, 90min) ★★
12.00 NOON FILM **Meteor Moon** Sci-fi adventure. (2020, PG, 80min) ★★
2.00 PM FILM **The Curse of the Werewolf** Horror. (1961, 12, 92min) ★★★
4.00 **UFO** 24-26/26. (S1)
7.00 **The Prisoner** (S1)
9.00 FILM **The Blood Beast Terror** Period chiller starring Peter Cushing. (1967, 12, 88min) ★
10.50 FILM **Witchfinder General** Horror starring Vincent Price. (1967, 15, 98min) ★★★★
12.50 **to 3.00** AM FILM **The Howling** Horror. (1980, 18, 91min) ★★★★
+1 hour 318 371 139

Blaze
164 174 64 162

6.00 AM **Hardcore Pawn**
8.00 **Alien Files: Unsealed**
10.00 **Accidental Truth: UFO Revelations**
12.00 NOON **Alien Disclosure Files** Double bill.
1.00 PM **Mysteries from Above** Five editions.
7.00 **River Hunters** Evidence of Viking life in Yorkshire.
8.00 **Lost Relic Hunters** An extraordinary collection of Celtic gold.
9.00 **Digging for Britain** Archaeological digs in the west of Britain.
10.00 **James Nesbitt: Disasters That Changed Britain** The 1958 Munich air crash.
11.00 **Secrets in the Jungle**
12.00 M'T **Cities of the Underworld**
1.00 AM **Ancient Murders Unearthed**
2.00 **Barter Kings**
4.00 **Irish Pickers**
5.00 **to 6.00** AM **Digging for Britain**

5SELECT
153 138 46 133

9.00 AM **Paul Martin's Antiques Showdown**
10.00 **Columbo** Five episodes of the drama, including at: **5.00** *Strange Bedfellows*: The sleuth receives help from a gangland enforcer.
7.00 PM **Keeping Up Appearances: Funniest Bits and More** A look back at the popular sitcom.
8.30 **Fawlty Towers: Funniest Moments & More** A celebration of John Cleese and Connie Booth's sitcom.
10.00 **Britain's Favourite 70s Sitcoms** The funniest sitcoms of the 1970s.
11.00 **Sally Lindsay: In My Own Words**
12.15 AM **The Madame Blanc Mysteries** 4/7. (S2)
1.15 **Ben Fogle: New Lives in the Wild**
2.15 **Drain the Oceans**
3.10 **to 4.00** AM **Queens of Mystery**

HGTV
158 191 44 166

7.00 AM **My Lottery Dream Home** Six editions.
10.00 **Escape to the Country** A couple hope to relocate to Devon after 20 years in France. **11.00** A couple with a £400,000 budget search for a property in rural Wiltshire. **12.00** NOON A couple with £460,000 to spend want to relocate to rural Cornwall.
1.00 PM **Escape to the Country** A couple seek a new home and business in Devon. **2.00** Jules Hudson is in north Wales to help a couple to find their first home together.
3.00 **A Place in the Sun** Ten editions featuring advice on buying a second home abroad.
1.00 **to 4.00** AM **Bargain Mansions**
+1 hour 258/262 391

TLC
133/134 828 165

7.00 AM **Say Yes to the Dress: Atlanta**
8.00 **Say Yes to the Dress**
10.00 **Little People, Big World**
12.00 NOON **My Lottery Dream Home**
1.00 PM **My 600lb Life**
3.00 **7 Little Johnstons**
5.00 **Sister Wives**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **Brother v Brother**
8.00 **Dr Pimple Popper** A woman who has oozing and painful legs. **9.00** A woman with a huge lump on her chest. **10.00** A girl who has covered her lipoma with a sweatshirt for years. **11.00** A man has a large lump above his knee.
12.00 M'T **Body Bizarre**
1.00 AM **Dr Pimple Popper**
4.00 **Extreme Couponing**
5.00 **to 6.00** AM **Say Yes to the Dress: Atlanta**
+1 hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Home Improvement**
9.00 **Friends** (S1)
1.00 PM **Friends** (S1&2)
4.00 FILM **Sweet Home Alabama** Romantic comedy starring Reese Witherspoon, Josh Lucas and Patrick Dempsey. (2002, 12, 109min) ★★★
6.10 **Friends** (S2)
9.00 FILM **Working Girl** Romantic comedy with Melanie Griffith, Harrison Ford and Sigourney Weaver. (1988, 15, 113min) ★★★★
11.20 **Michael McIntyre: Hello Wembley!** A 2009 performance.
12.20 AM **Al Murray Live: Barrel of Fun**
1.55 **Jack Whitehall: Comedy Central Live**
2.25 **Ed Byrne: Spoiler Alert**
3.15 **Beavis and Butt-Head**
3.25 **South Park** (S2)
4.15 **to 5.00** AM **Guessable?**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **New Girl** (S3)
7.00 **Teleshopping**
9.00 **Criminally Funny**
12.00 NOON **Michael McIntyre's Big Show**
4.00 PM **New Girl** (S3)
7.00 **Friends** 21/24. Ross tries to find a new home for his pet monkey. **7.30** 22/24. Monica begins dating a high-school senior. **8.00** 23/24. Carol gives birth to Ross's son. **8.30** 24/24. Ross's true feelings for Rachel are finally revealed. **9.00** 3/24. Phoebe makes a gruesome discovery that leads to her receiving a windfall. **9.30** 4/24. The girls spy on a good-looking neighbour. (S2)
10.00 **Friends** (S2)
2.00 AM **New Girl** (S3)
3.00 **The Daily Show**
4.05 **New Girl** (S2)
5.15 **to 6.00** AM **Daria**

Sky Replay
152 156

7.00 AM **Brit Cops: Rapid Response**
9.00 **Four Weddings**
11.00 **DC's Legends of Tomorrow** (S3&4)
4.00 PM **Primeval** 3/6. The discovery of a diver's body confirms Claudia's suspicions about Helen. **5.00** 4/6. Helen refuses to answer Lester's questions about the anomalies. **6.00** 5/6. Flying dinosaurs arrive in the 21st century. **7.00** 6/6. The team must face a predator from the future. (S1) **8.00** 1/7. Cutter grapples with Claudia Brown being erased from history. (S2)
9.00 **Brit Cops: Rapid Response** Double bill.
11.00 **Bondi Rescue**
12.00 M'T **A League of Their Own** Triple bill.
3.00 **to 6.00** AM **Four Weddings**

MTV
126/127 824 134

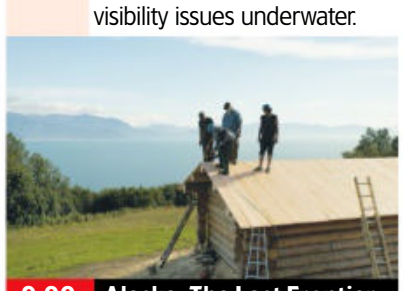
6.00 AM **MTV Cribs**
6.25 **Teen Mom 2**
7.10 **Fresh Out Live**
8.00 **Teen Mom UK**
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Nine editions of the series, including at: **8.00** Nick prepares to meet Melissa, who he met in a chat room. **9.00** Reign needs answers from Piers about why he disappeared.
10.00 **Teen Mom UK: My Birth Story** Chloe, Amber, Mia, and Sassi look back on the times they first became mothers. **11.00** Chloe and Amber discuss their pregnancies.
12.00 M'T **Lindsay Lohan's Beach Club**
1.00 AM **Me & My Sugar Daddy** Documentary.
2.00 **Catfish UK**
2.50 **Geordie Shore**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Kindig Customs**
12.00 NOON **Alaska: Homestead Rescue** Six editions of the reality series, including at: **2.00** PM A wildfire prompts Marty to create an evacuation ark for the livestock. **3.00** A homestead is at risk from a torrential rainstorm. **4.00** A Colorado family whose crops are failing. **5.00** A family struggle on their move to Michigan.
6.00 **Gold Divers** Part two of two. Chris faces some horrible visibility issues underwater.



9.00 Alaska: The Last Frontier

7.00 **How to Build... Everything** A look at how monster trucks are built. **7.30** Building a home-made Octocopter Drone.
8.00 **Alaskan Bush People** Noah must complete a tricky barter to secure an ideal Alaskan home.
9.00 **Alaska: The Last Frontier** Atz Sr unites seven Kilcher siblings to finish the interior of his legacy rebuild.
10.00 **Shorty's Dream Shop** Shorty tries to match the Ember Glow hemi's original colour, and the crew work on the interior.
11.00 **Last Chance Garage** Tony Jr merges components from two Hudsons to breathe new life into an old flame.
12.00 M'T **Kindig Customs** Dave and Kev upgrade their semi rig.
1.00 AM **Kindig Customs**
4.00 **to 5.00** AM **How Do They Do It?**

+1 hour 225/226 377

Animal Planet

162/178 178

8.00 AM **Animal Cribs**
9.00 **Crikey! It's the Irwins**
10.00 **Bad Dog!**
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Dodo Heroes**
2.00 **Project Grizzly**
4.00 **Dogs 101**
5.00 **Alaska: Homestead Rescue** The Raneys try to save a mother and her daughter from a rampant moose.
6.00 **Animal Cribs** Antonio builds a barn for two mini horses that currently sleep in the house.

8.00 Brave the Wild

7.00 **Crikey! It's the Irwins** Terri returns to her hometown of Oregon to help Brady, a cougar in need of a health check.
8.00 **Coyote Peterson: Brave the Wild** The family of lizards known as dragons. **8.30** Coyote seeks a giant python in Australia.
9.00 **Tanked** *Long Island Medium* star Theresa Caputo asks Wayde and Brett to build a mermaid tank and a koi pond.
10.00 **Alaskan Bush People** The Browns try to close a deal to help restore a wind turbine, and Noah gets some bad news.
11.00 **Guardians of Rescue** Help for a homeless vet and his cats.
12.00 M'T **Animal Cops Houston** Investigators try to break up a dog-fighting ring.
1.00 AM **Alaskan Bush People**
2.00 **Dogs 101**
3.00 **Alaska: Homestead Rescue**
4.00 **to 5.00** AM **Animal Cribs**

+1 hour 262/278 378

Nat Geographic

129/130 825 183

8.00 AM **Abandoned**
9.00 **Spanish Empire: Rise and Fall** Documentary.
10.00 **Drain the Oceans: Deep Dive**
11.00 **Hitler's Last Stand**
1.00 PM **Nazi Megastructures**
2.00 **Hitler's Teen Killers**
3.00 **Gallipoli's Deep Secrets**
4.00 **Wicked Tuna**
5.00 **Air Crash Investigation** British Airways Flight 38's crash-landing in 2008. **6.00** Examining Korean Air Cargo Flight 8509's accident near Stansted in 1999.

8.00 Border Protection Spain

7.00 **Air Crash Investigation** Examining one of the great aviation mysteries – the missing Malaysia Airlines Flight 370.
8.00 **Border Protection Spain** New edition Experts dive into the waters of Girona to try to defuse undetonated weaponry.
9.00 **Car S.O.S** Tim Shaw and Fuzz Townshend head to Dorset to pick up a carpenter's Ford Escort MK2 RS2000.
10.00 **Car S.O.S** Tim and Fuzz are out to help a man left disabled after a tragic road accident, by fixing up his iconic 1989 VW Golf.
11.00 **Car S.O.S** A Daimler SP250.
12.00 M'T **Construction Fails**
1.00 AM **Air Crash Investigation: Special Report**
2.00 **Lords of War**
2.55 **Food Factory**
3.45 **Made in a Day**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Storage Wars**
9.00 **Pawn Stars**
1.00 PM **Secret Wars Uncovered** Five editions, including at: **3.00** In 2008, nearly 850 people are killed in the Russo-Georgian War. **4.00** The possible causes of the rise of Islamic terrorism. **5.00** The bombing of a Greenpeace ship in 1985, which resulted in one death.
6.00 **Secrets in the Sand** Extraordinary curiosities that were once concealed within the planet's desert sands.

6.00 Secrets in the Sand

7.00 **Secrets in the Sand** In the rugged mountains of Peru's Nazca plateau, an unexplained band of holes are investigated.
8.00 **Secrets in the Sand** In China's Ordos Desert, archaeologists find some jade stones among crumbling rock faces.
9.00 **Royal Autopsy** Part one of two. Professor Alice Roberts and Dr Brett Lockyer revisit the death of King Charles II.
10.00 **Royal Autopsy** Part two of two. Alice Roberts and Dr Brett Lockyer revisit the final days of Queen Elizabeth I.
11.00 **Greatest Prison Escapes with Billy Hayes** An escape by six men from a Tennessee jail.
12.00 M'T **How Disney Built America** How Disney became a cultural phenomenon.
1.00 AM **Pawn Stars**
5.00 **to 6.00** AM **Secrets in the Sand**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Inside the Factory**
8.00 **Secret Nazi Bases**
12.00 NOON **Great British Railway Journeys** Six editions.
3.00 PM **Greece with Simon Reeve** Part one of two. A tour of Greece, from the islands of the Aegean to Athens. **4.00** Part two of two. Simon travels into the mountainous north of the country.
5.00 **Find It, Fix It, Flog It** Finds include Victorian street lamps. **6.00** Items include a butter churn and a slot machine.

5.00 Find It, Fix It, Flog It

7.00 **Find It, Fix It, Flog It** Simon O'Brien repurposes old suitcases, while Henry Cole gives an old dresser some bling.
8.00 **'Allo 'Allo!** Edith accepts Monsieur Alfonse's proposal of marriage. **8.35** Yvette and Edith question René about the whereabouts of the gold. **9.05** The Resistance try to get British intelligence experts to Nouvion. **9.40** René attempts to send a message to London via a transmitter.
10.15 **Bangers & Cash** Paul and Charlie have the rare chance to pick up a trio of iconic Austin Healeys.
11.20 **Secrets of the London Underground** Tim Dunn and Siddy Holloway explore the Ruislip maintenance depot at the end of the Central Line.
12.20 AM **Retro Electro Workshop**
1.15 **Abandoned Engineering**
2.10 **to 3.00** AM **Great British Railway Journeys**

+1 hour 255 329 74

Sunday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 172 167

6.00 AM **World's Greatest Motorcycle Rides**
8.00 **Find It, Fix It, Flog It**
10.00 **The Repair Shop**
1.00 PM **LIVE Bennetts British Superbikes** Day two of round seven from Thruxton.
6.00 **The Yorkshire Auction House** A widow sells her late-husband's collection.
7.00 **Celebrity Yorkshire Auction House** With actor Claire Sweeney.
8.00 **The Repair Shop** Jay Blades and the team tackle a wooden trunk. **9.00** A domino set with an amazing history. **10.00** The experts restore a rugby trophy. **11.00** An air-powered toy car is restored.
12.00 M'T **NASA's Unexplained Files**
2.00 AM **Expedition Bigfoot**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes... Atlanta**
8.00 **Say Yes to the Dress**
10.00 **Forensic Detectives**
12.00 NOON **American Monster** Double bill.
2.00 PM **Disappeared**
3.00 **Where Murder Lies**
8.00 **Vanished in New Canaan: An ID Mystery**
9.00 **Deadliest Mums & Dads** The disappearance of Lesley Ford and four of her children.
10.00 **The Killer in My Family** Focusing on the case of Jesse Winnick.
11.00 **Faking It: Tears of a Crime** A look at the crimes of Luke Harlow and Stephen Beadman.
12.00 M'T **Nightmare Next Door** Murderous crimes.
1.00 AM **Betrayed**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Secrets of a Murder Detective** A young father is killed by a gang with various weapons. **8.00** Steve Keogh discusses the murder of Jodie Chesney, a 17-year old girl who was stabbed in a park.
9.00 **The Truth About My Murder** Pathologist Dr Richard Shepherd investigates the murder of Jeffrey Howe. **10.00** Investigating the murder of author Helen Bailey by her fiancé Ian Stewart. **11.00** A look at the case of Stevie Allman, killed for money by her sister Sarah Mitchell.
12.00 M'T **The Truth About My Murder** Triple bill.
3.00 AM **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **A Stranger in My Home** Triple bill.
12.00 NOON **New Scotland Yard Files** Double bill.
2.00 PM **Medical Detectives** Six editions, including at: **4.00** Someone is seemingly targeting high-level members of law enforcement in Texas. **4.30** The discovery of Legionnaire's Disease.
5.00 **Facing Evil** A domestic dispute ends when LeMarcus Bell is killed by Tyra Whitney – his girlfriend's mother. **5.30** The case of 20-year-old Sylvilla Humphrey, who shot Ercell Minix in the neck.
6.00 **Judge Judy** Back-to-back real-life small-claims cases.
2.00 AM **Psychic Private Eyes** Double bill.
4.00 **Something's Killing Me**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Highway Cops**
11.00 **Britain's Most Evil Killers** Double bill.
1.00 PM **Murder in Slow Motion: The Shana Grice Story**
2.00 **Love You to Death**
3.00 **Murdered at First Sight**
4.00 **Forensics: Catching the Killer** Documentary.
5.00 **World's Most Evil Killers**
7.00 **Killer in My Village**
8.00 **Murders That Shocked the Nation** The crimes of Donald Neilson.
9.00 **How I Caught the Killer** The story of Gordon Wardell.
10.00 **The Priest and the Paedophile Hunter**
12.10 AM **Buried**
2.20 **New York Homicide**
4.10 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Grand Tours of Scotland** As 1.00pm.
8.40 **Mafia's Greatest Hits**
9.45 **Ancient Apocalypse**
1.00 PM **Grand Tours of Scotland** Loch Maree to Dunnet Head
1.40 **Ancient Apocalypse**
4.55 **Heroes of the Somme**
6.15 **The First World War: The People's Story** World War One veterans recall their experiences. **7.20** Survivors recall the Battle of the Somme in 1916. **8.30** A look back at the battles of 1917 and 1918.
9.35 **Heroes of the Somme** The stories of seven men whose bravery won them the Victoria Cross.
10.55 **Mafia's Greatest Hits** Focusing on the story of Tony Spilotro. **12.00** M'T The story of Vito Genovese.
1.10 **to 2.00** AM **Grand Tours of Scotland**

SUNDAY

Sunday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Angela Bassett**
7.00 **Discovering: Jeff Goldblum**
8.00 **The Directors**
9.00 **The Man Who Stole The Scream** Documentary.
11.00 **The Loneliest Whale: The Search for 52**
1.00 PM **Wild Wild Space**
3.00 **FILM Apollo 11** Documentary. (2019, U, 93min) ★★★★★
4.50 **My Icon: Leon Pryce**
5.00 **David Holmes: The Boy Who Lived** Documentary.
6.50 **The Inventor: Out for Blood in Silicon Valley** Documentary.
9.00 **NEW SERIES The Body Next Door** 1/3. Documentary about a mysterious death in the South Wales Valleys.
10.00 **The Wimbledon Kidnapping** The mysterious disappearance of Muriel McKay in 1969.
12.00 M'T **FILM 4 Little Girls** Spike Lee's documentary. (1997, PG, 102min) ★★★★
2.00 AM **Master of Light**
3.40 **My Icon: Rachel Yankey**
4.00 **to 6.00** AM **A Revolution on Canvas**

Sky Nature

124/125 822 189 354 369

6.00 AM **Wild Tales from the Farm**
10.00 **Deadly Australians**
12.00 NOON **Africa's Hunters**
2.00 PM **David Attenborough's Dragons and Damsels**
3.00 **Big Beasts: Last of the Giants**
6.00 **Africa's Hunters**
7.00 **David Attenborough's Rise of Animals: Triumph of the Vertebrates** 2/2. A look at how mammals came to dominate the natural world.
8.00 **Gladiators** New edition The secrets and ingenious tactics of Australia's toughest fighters, from a kangaroo's deadly boxing moves to the redback spider's precision-engineered trap.
9.00 **David Attenborough's Dragons and Damsels** The world of dragonflies and damselflies.
10.00 **Africa's Hunters** A buffalo herd moves into a lion pride's territory in search of water.
11.00 **Gladiators** As 8.00pm.
12.00 M'T **Carpathian Predators**
2.00 AM **Kingdom of the Tide**
3.00 **to 6.00** AM **Big Beasts: Last of the Giants**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
9.00 **Food Tech**
10.00 **Ancient Impossible**
11.00 **Ancient Aliens**
3.00 PM **Dirty Old Cars**
5.00 **Hannibal: A March on Rome**
6.00 **Titanic: Mystery Solved** Documentary in which experts examine previously undiscovered evidence of flaws in the *Titanic*'s design that may have contributed to the ship sinking in April 1912.
8.00 **History's Greatest Myths** The top theories surrounding the world's most enigmatic unsolved mysteries.
9.00 **Ancient Aliens** An investigation into the building of Stonehenge.
10.00 Investigating the Earth's north 37th parallel, dubbed the UFO Superhighway.
11.00 Experts question whether aliens could have helped humans build ancient structures.
12.00 M'T **Ancient Aliens**
3.00 AM **WWII Lost Films**
4.00 **History's Greatest Myths**
5.00 **to 6.00** AM **Ancient Aliens**

Crime+Investigation

156 837 133

6.00 AM **I Met My Murderer Online**
8.00 **Judge Rinder's Crime Stories**
10.00 **Rob Rinder's Interrogation Secrets** Lee Rodarte.
11.00 **Killer in Plain Sight**
1.00 PM **Green Eyed Killers**
5.00 **Fatal Family Feuds**
6.00 **Homicide: Hours to Kill**
7.00 **Murder at the Motel** Police suspect the boyfriend when a young woman is found dead.
8.00 **Green Eyed Killers** The death of Justine Vanderschoot.
9.00 **Very Scary People** New editions Examining the crimes of Sammy 'The Bull' Gravano, the right-hand man to mafia kingpin John Gotti, who carried out multiple murders.
10.00 After his arrest, Gravano testifies against his former boss.
11.00 **60 Days In**
12.00 M'T **Cold Case Files**
1.00 AM **Sin City Murders**
2.00 **Mastermind of Murder**
3.00 **Meet, Marry, Murder**
4.00 **to 6.00** AM **Killer in Plain Sight**

+1 hour 256 333

WILD

165 841 182

8.00 AM **America's National Parks**
11.00 **Europe from Above**
1.00 PM **Last of the Giants: Wild Fish** Double bill.
3.00 **Fiennes: Return to the Wild**
5.00 **Secrets of the Zoo: Tampa**
6.00 **Secrets of the Zoo** A cheetah undergoes surgery never attempted before, and polar bear cubs learn to swim.
7.00 **Extraordinary Australia** New edition High-stakes battles between predator and prey on the coast.
8.00 **When Sharks Attack 360** New edition Diva uncovers a mysterious cluster of winter shark bites in California, before scouring the world for help understanding the encounters.
9.00 **Europe from Above** A trip around Lisbon on one of its famous trams.
10.00 Lapland's famous Christmas markets.
11.00 **Snakes in the City**
12.00 M'T **When Sharks Attack**
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **America: Facts vs Fiction**
9.00 **Combat Dealers**
12.00 NOON **Tony Robinson's World War One** Tony looks at the final year of the conflict.
1.00 PM **Tony Robinson's Wild West**
3.00 **Combat Dealers**
6.00 **HMS Ark Royal** A massive tanker is called to help refuel *HMS Ark Royal*.
7.00 The ship's crew must prepare for a royal visitor.
8.00 **Salvage Hunters** Drew Pritchard meets Porsche restorers in Southend-on-Sea.
9.00. Drew visits a pub filled with antiques in Winchester.
10.00 **Shed and Buried** Henry Cole and Sam Lovegrove check out a collection of custom vehicles.
10.30 An incredible collection of classic American motors.
11.00 A shed full of vintage motorcycles and memorabilia.
11.30 A magnificent collection of World War Two vehicles.
12.00 M'T **to 5.00** AM **Combat Dealers**

+1 hour 277 381

Eden

166 176

9.00 AM **Warbird Workshop**
1.00 PM **Restoration Workshop**
3.00 **Warbird Workshop**
7.00 **Restoration Workshop** Gary Wallis and his team restore a Grenadier guard's drum, create a garden feature from a helicopter tripod and re-purpose a vintage car grille.
8.00 Gary visits an automobilia auction at Silverstone.
9.00 **Warbird Workshop** A team of expert engineers re-create a unique version of the Hawker Hurricane fighter.
10.00 The epic battle to rebuild the *Waterbird*, the Royal Navy's first seaplane.
11.00 A team of military veterans are determined to put the *Sea King* back in the air.
12.00 M'T **Anthony Bourdain: Parts Unknown** A visit to Singapore.
1.00 AM **Restoration Workshop**
3.00 **Warbird Workshop**
5.20 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

6.00 AM **The Perfect Murder**
7.00 **Teleshopping**
8.00 **Forbidden: Dying for Love**
10.00 **The Perfect Murder**
12.00 NOON **American Detective with Lt Joe Kenda**
1.00 PM **Where Murder Lies**
2.00 **Raw Terror**
3.00 **Murder Calls**
4.00 **Broken Trust**
6.00 **Southern Fried Homicide**
8.00 **Happily Never After** A dark shadow is cast over a storybook romance when a newlywed woman disappears leaving behind a trail of betrayal and lies.
9.00 **Seduced to Slay** A woman's dramatic physical transformation leads to infidelity and murder.
10.00 **Real Time Crime**
11.00 **American Monster**
12.00 M'T **Obsession: Dark Desires**
2.00 AM **American Detective with Lt Joe Kenda**
3.00 **Where Murder Lies**
4.00 **to 6.00** AM **Forbidden: Dying for Love**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Planes That Never Flew**
9.00 **How Do They Do It?**
12.00 NOON **Extreme RVs**
5.00 PM **How Do They Do It?** The processes involved in turning used aluminium cans into planes and rockets.
5.30 The making of Worcestershire sauce.
6.00 How the decorations on Mardi Gras floats are created.
6.30 A look at how the world's most expensive tea is harvested.
7.00 **Wheeler Dealers** Mike nabs a Porsche 997 for £15,000.
8.00 Mike and Ant take on a 2006 Porsche Cayenne Turbo S.
9.00 Mike picks up one of his favourite types of convertible – a 2000 Porsche 996..
10.00 Mike decides to take a gamble on a Porsche 924.
11.00 Mike and Edd attempt to restore a Porsche 912E.
12.00 M'T Mike searches for a Porsche 993 Targa to renovate.
1.00 AM **Richard Hammond's Big**
2.00 **to 5.00** AM **Texas Metal**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.30 AM **PREMIERE The Inventor**
8.15 **Trolls Band Together** (2023)
9.55 **Under the Boardwalk** (2023)
11.25 **Robin and the Hoods** As 2am.
1.10 PM **Trolls Band Together** Animation. (2023, U) ★★★
2.45 **PREMIERE The Inventor** Animation. (2023, PG, 100min) ★★★ *See review, page 23.*
4.30 **Under the Boardwalk** Animation. (2023, PG) ★★★
6.00 **Mean Girls** Musical comedy. (2023, 12, 112min) ★★★

2.45 The Inventor

8.00 **Night Swim** Horror starring Wyatt Russell and Kerry Condon. A woman swimming in her pool at night is terrorised by an evil spirit. With Amélie Hoeferle and Jodi Long. (2024, 15, 98min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

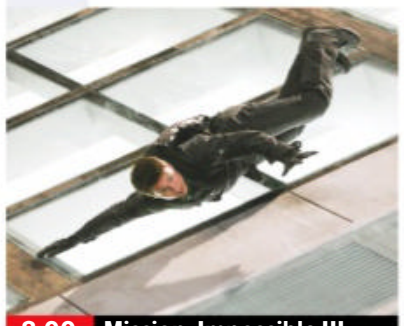
9.45 **Concrete Utopia** South Korean drama starring Lee Byung-hun and Park Seo-joon. Survivors from a massive earthquake struggle for a new life in Seoul. Subtitled. (2023, 15, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Uproar** Comedy drama starring Julian Dennison. (2023, 12, 110min) ★★★
2.00 AM **Robin and the Hoods** Comedy starring Naomie Harris. (2024, PG, 100min) ★★
3.50 **to 6.00** AM **Deep Sea** Animated adventure featuring the voice of Brian Flaccus. (2023, PG, 112min) ★★★

Sky Cinema Blockbusters

303 403 503 517

6.40 AM **Two Weeks Notice**
8.35 **Ghost** As shown at 10.10pm.
10.55 **Mission: Impossible III**
1.15 PM **Ocean's Twelve** Thriller sequel with George Clooney. (2004, 12, 125min) ★★★★
3.35 **Spider-Man: Across the Spider-Verse** Animation with the voice of Shameik Moore. (2023, PG, 140min) ★★★★
6.05 **The Beekeeper** Thriller starring Jason Statham. (2023, 15, 105min) ★★★


8.00 Mission: Impossible III

8.00 **Mission: Impossible III** Action spy thriller starring Tom Cruise, Philip Seymour Hoffman and Michelle Monaghan. Secret agent Ethan Hunt tries to free his kidnapped wife from the clutches of an international arms dealer. (2005, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Ghost** Romantic fantasy thriller starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. (1990, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Two Weeks Notice** Romantic comedy with Hugh Grant. (2002, 12, 101min) ★★★
2.20 **Ocean's Thirteen** Thriller sequel with George Clooney. (2007, PG, 122min) ★★★
4.30 **to 7.00** AM **Spider-Man: Across the Spider-Verse**

Sky Cinema Drama

310 410 510 524

7.00 AM **Allied** Wartime thriller. (2016, 15, 124min) ★★★★
9.10 **Book of Love** As 12m't.
11.05 **Terms of Endearment** As 8pm.
1.25 PM **I Wanna Dance with Somebody** Music biopic. (2022, 12, 144min) ★★★★
3.55 **The Cinema List: The 90s**
4.15 **Aporia** Sci-fi drama starring Judy Greer and Edi Gathegi. (2023, 15, 104min) ★★★★

6.10 **Charlie Wilson's War** Satirical political comedy starring Tom Hanks and Julia Roberts. (2007, 15, 97min) ★★★★
8.00 **Terms of Endearment** Oscar-winning comedy drama about the love-hate relationship between a mother and daughter. Stars Shirley MacLaine, Debra Winger and Jack Nicholson. (1983, 15, 132min) ★★★★★
10.15 **Jackie** Biopic starring Natalie Portman and Greta Gerwig. (2016, 15, 100min) ★★★★

12.00 M'T **Book of Love** Romantic comedy starring Sam Claflin. (2022, 12, 106min) ★★★
1.50 AM **The End of the Affair** Drama. (1999, 18, 101min) ★★★
3.35 **Charlie Wilson's War** (2007)
5.20 **to 7.35** AM **Ferrari** Drama. (2023, 15, 130min) ★★★

Sky Cinema Sci-fi

311 411 511 525

6.40 AM **Doom** As 1.20am.
8.30 **The Adjustment Bureau** Romantic sci-fi thriller. (2011, 12, 105min) ★★★★
10.20 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
11.55 **I Am Legend** Sci-fi thriller. (2007, 15, 101min) ★★★★
1.45 PM **Monstrous** As 10.05pm.
3.30 **Ghostbusters** Fantasy comedy. (2016, 12, 113min) ★★★

5.40 **The Matrix** Sci-fi thriller starring Keanu Reeves. A computer hacker learns that he is destined to save humanity from enslavement by a network of artificially intelligent computers (1999, 15, 136min) ★★★★
8.00 **Blade Runner** Ridley Scott's thriller starring Harrison Ford as the bounty hunter in pursuit of five highly dangerous 'replicants'. (1982, 15, 130min) ★★★★★
10.05 **Monstrous** Horror with Christina Ricci. (2022, 15, 89min) ★★★

11.40 **Continuum** Sci-fi drama. (2013, 15, 89min) ★★★
1.20 AM **Doom** Sci-fi horror thriller. (2005, 15, 105min) ★★★
3.15 **The War of the Worlds** Thriller. (1953, PG, 85min) ★★★★
4.55 **to 6.45** AM **Monolith** Thriller. (2022, 15, 90min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

6.45 AM **Problem Child** As 2.25am.
8.20 **King Ralph** As 3.55am.
10.10 **Swallows and Amazons**
12.05 PM **Matilda** Fantasy drama. (1996, PG, 98min) ★★★★
2.00 **Annie** Musical remake. (2014, PG, 115min) ★★★
4.00 **Dungeons & Dragons: Honour Among Thieves** Adventure. (2023, 12, 134min) ★★★★
6.30 **Ghostbusters II** Comedy sequel starring Dan Ackroyd. (1989, PG, 99min) ★★★

6.30 Ghostbusters II

8.30 **The Portable Door** Fantasy adventure starring Christoph Waltz and Sam Neill. Two interns discover the true agenda of the corporation where they work. With Patrick Gibson and Sophie Wilde. (2023, PG, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

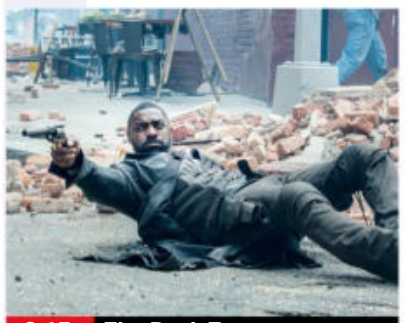
10.35 **Swallows and Amazons** Period drama with Rafe Spall, Kelly Macdonald and Andrew Scott. (2016, PG, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Reuniting the Rubins** Comedy drama with Timothy Spall. (2010, PG, 98min) ★
2.25 **Problem Child** Comedy. (1990, PG, 81min) ★
3.55 **King Ralph** Family comedy. (1991, PG, 97min) ★
5.45 **to 7.25** AM **Ghost Squad** Fantasy. (2015, PG) ★★★

Sky Cinema Action

307 407 507 521

6.05 AM **Welcome to the Punch** Thriller. (2013, 15, 98min) ★★★
8.00 **Shane** As 10.10pm.
10.10 **Once Upon a Time in China and America** As 12.20am.
12.05 PM **Little Dixie** As 2.10am.
2.05 **Looper** Time-travel thriller. (2012, 15, 119min) ★★★★
4.10 **San Andreas** Disaster movie. (2015, 12, 114min) ★★★
6.15 **The Dark Tower** Fantasy adventure starring Idris Elba. (2017, 12, 95min) ★★


6.15 The Dark Tower

8.00 **Justice League** Sci-fi adventure starring Ben Affleck. Bruce Wayne enlists the help of Wonder Woman, Aquaman, Cyborg and The Flash in the fight against supervillain Steppenwolf. With Gal Gadot and Henry Cavill. (2017, 12, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

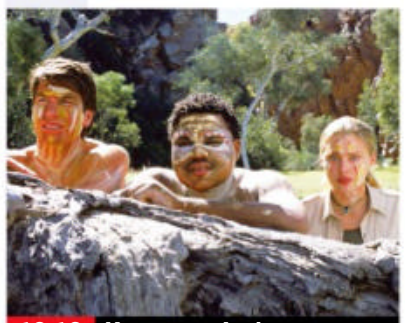
10.10 **Shane** Classic Western starring Alan Ladd as an enigmatic gunfighter who is drawn into a feud between homesteaders and cattlemen in 1890s Wyoming. With Van Heflin. (1953, PG, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Once Upon a Time in China and America** Adventure. (1997, 15, 102min) ★★★
2.10 **Little Dixie** Crime thriller. (2023, 15, 105min) ★★
4.10 **to 6.20** AM **Rumble Through the Dark** Crime drama. (2023, 15, 116min) ★★★

Sky Cinema Comedy

308 408 508 522

8.00 AM **Dazed and Confused**
9.50 **Robin Hood: Men in Tights**
11.40 **Little Monsters** Horror comedy. (2019, 15, 93min) ★★★★
1.25 PM **Talladega Nights: The Ballad of Ricky Bobby** Action comedy starring Will Ferrell. (2006, 15, 108min) ★★★★
3.35 **The Fighting Temptations** Musical starring Cuba Gooding Jr. (2003, PG, 123min) ★★★
5.50 **Barbie** Fantasy comedy. (2023, 12, 114min) ★★★★


10.10 Kangaroo Jack

8.00 **Coming to America** Romantic comedy starring Eddie Murphy as an African prince looking for a bride in New York's Queens borough. With Arsenio Hall, James Earl Jones and Shari Headley. (1988, 15, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

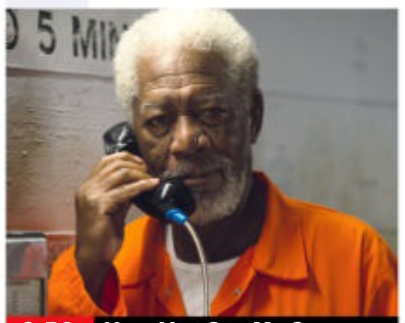
10.10 **Kangaroo Jack** Comedy starring Jerry O'Connell and Anthony Anderson. (2003, PG, 89min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Dazed and Confused** Richard Linklater's comedy drama. (1993, 15, 102min) ★★★★
1.50 AM **Robin Hood: Men in Tights** Mel Brooks' spoof of the Robin Hood legend. (1993, PG, 102min) ★★
3.45 **Clerks** Cult comedy. (1994, b/w, 18, 92min) ★★★★
5.30 **The Cinema List: The 90s**
5.50 **to 7.40** AM **Heaven Can Wait** Fantasy with Warren Beatty. (1978, PG, 100min) ★★★★

Sky Cinema Thriller

309 409 509 523

6.00 AM **The Cinema List: Thrillers**
6.15 **To Catch a Killer** As 12.00m't.
8.25 **Dual** As shown at 3.55am.
10.15 **The Dry** Crime drama. (2020, 15, 117min) ★★★★
12.25 PM **Unhinged** Thriller. (2020, 15, 90min) ★★★
2.10 **Extremely Wicked, Shockingly Evil and Vile** Biopic. (2019, 15) ★★★★
4.10 **Blacklight** As 2.00am.
6.00 **Hanna** Action thriller. (2011, 12, 106min) ★★★★


9.50 Now You See Me 2

8.00 **10 Cloverfield Lane** Thriller starring Mary Elizabeth Winstead. A woman survives a car crash, only to end up trapped in a bunker by a man claiming the world is coming to an end. (2016, 12, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Now You See Me 2** Crime thriller sequel starring Jesse Eisenberg Mark Ruffalo and Morgan Freeman. A gang of magicians-turned-criminals reunite to expose the illegal activities of a ruthless businessman. (2016, 12, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **To Catch a Killer** Thriller. (2023, 15, 119min) ★★★★
2.00 AM **Blacklight** Action thriller. (2022, 15, 104min) ★
3.55 **Dual** Thriller with Karen Gillan. (2022, 15, 94min) ★★★★
5.45 **to 7.55** AM **The Dry** Drama. (2020, 15, 117min) ★★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Earth Vs the Flying Saucers** Sci-fi thriller. (1956, b/w, U, 83min) ★★★
12.40 PM **Muppets from Space** Comedy. (1999, U) ★★★
2.25 **Dragonball Evolution** Fantasy. (2009, PG, 80min) ★★
4.05 **Close Encounters of the Third Kind** Sci-fi classic. (1977, PG, 135min) ★★★★★
6.50 **Flight of the Phoenix** Action adventure. (2004, 12) ★★★

9.00 Three Thousand Years...

Flight of the Phoenix (film started at 6.50pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Three Thousand Years of Longing** Offbeat fantasy drama starring Tilda Swinton and Idris Elba. A lonely scholar on a trip to Istanbul encounters a djinn who offers her three wishes in exchange for his freedom. (2022, 15, 108min) ★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11.10 **Beautiful Thing** Romantic drama based on Jonathan Harvey's play about the blossoming love between two teenage boys living on a tough London council estate. Stars Glen Berry and Scott Neal. (1995, 15, 91min) ★★★ **11 PM**
12.55 **to 3.25** AM **Capernaum** Lebanese drama. Subtitled. (2018, 15, 126min) ★★★★

+1 hour 314 430 47 301

Sky Cinema Adventure

302 402 502 516

7.25 AM **Journey 2: The Mysterious Island** Fantasy adventure sequel. (2012, PG, 94min) ★★★
9.05 **Cinema List: Family Favourites**
9.20 **After Earth** Sci-fi adventure. (2013, 12, 98min) ★★
11.05 **Hulk** Sci-fi fantasy starring Eric Bana. (2003, 12, 138min) ★★★
1.25 PM **Shazam! Fury of the Gods** Superhero adventure sequel. (2023, 12, 130min) ★★★

3.40 **War of the Worlds** Steven Spielberg's sci-fi thriller. (2005, 12, 116min) ★★★★
5.40 **Ready Player One** Steven Spielberg's sci-fi adventure. (2018, 12, 140min) ★★★★
8.00 **Total Recall** Sci-fi thriller remake starring Colin Farrell, Kate Beckinsale and Jessica Biel. (2012, 12, 113min) ★★★
10.00 **Transformers: Rise of the Beasts** Fantasy adventure prequel starring Anthony Ramos. (2022, 12, 127min) ★★★

12.10 AM **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
2.05 **The Amazing Maurice** Animation. (2022, PG) ★★★★
3.45 **The Voyagers** Fantasy adventure. (2022, PG, 90min)
5.45 **to 7.55** AM **Ride On** Action drama. (2023, PG, 126min) ★★★

Sky Cinema Greats

304 404 504 518

6.00 AM **Dreamgirls** As 4.00am.
8.10 **The Dam Busters** As 3.35pm.
10.20 **HouseSitter** As 2.10am.
12.05 PM **Fist of Fury** Martial arts thriller. (1972, 18, 106min) ★★★
1.55 **The Way of the Dragon** Adventure. (1972, 18) ★★★
3.35 **The Dam Busters** War epic. (1954, b/w, U, 125min) ★★★★
5.45 **Erin Brockovich** Legal drama. (2000, 15, 133min) ★★★★

8.00 **Bridget Jones's Diary** Romantic comedy based on the best-selling novel by Helen Fielding, starring Renée Zellweger, Colin Firth and Hugh Grant. (2001, 15, 96min) ★★★★
9.50 **Fear and Loathing in Las Vegas** Director Terry Gilliam's adaptation of Hunter S Thompson's cult book about a drug-fuelled trip to Las Vegas in 1971. Stars Johnny Depp, Benicio Del Toro and Cameron Diaz. (1998, 18, 119min) ★★★★

12.00 M'T **The Big Lebowski** Offbeat comedy thriller starring Jeff Bridges and John Goodman. (1998, 18, 117min) ★★★★★
2.10 AM **HouseSitter** Comedy. (1992, PG, 102min) ★★★
4.00 **to 6.20** AM **Dreamgirls** Musical. (2006, 12, 130min) ★★★★

Sky Cinema Animation

305 412 500 514

6.30 AM **Riverdance: The...**
8.15 **The Wild Thornberrys Movie** Animation. (2002, U) ★★★★
9.50 **Vic the Viking** Animation. (2019, U, 77min) ★★
11.20 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
12.55 PM **Hotel Transylvania** Animation. (2012, U) ★★★★
2.25 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★

4.00 **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★
5.40 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
7.25 **Kung Fu Panda 3** Animated family comedy sequel featuring the voice of Jack Black. (2016, PG, 95min) ★★★★
9.10 **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★
10.45 **Birds of a Feather** Animated comedy. (2019, U, 90min) ★★

12.20 AM **Megamind vs The Doom Syndicate** (2024, U) ★★★
1.50 **Monster Family** Animated comedy. (2017, PG, 96min) ★★
3.30 **Monster Family 2** Animated sequel. (2021, U, 90min) ★
5.20 **to 6.50** AM **Spirit: Stallion of the Cimarron** (2002, U) ★★★

Movies 24

312 419

7.00 AM **Flowers and Honey** Drama. (2021, PG, 90min) ★★
9.00 **For the Love of Chocolate** Comedy. (2021, PG, 85min) ★★
11.00 **The Sweetest Heart** Romantic drama. (2018, PG, 82min) ★★
1.00 PM **Wedding of a Lifetime** Comedy. (2022, PG, 84min) ★★
3.00 **PREMIERE** **Love's Secret Ingredient** Romantic comedy. (2023, PG, 91min) ★★

5.00 **An American In Austen** Comedy. (2024, PG, 84min) ★★
7.00 **Heart of the Matter** Drama starring Aimee Teegarden. (2022, PG, 85min) ★★
9.00 **The Song to My Heart** Drama starring Lanie McAuley and Sebastian Pigott. The daughter of a singer-songwriter reignites her musical dreams as a lyricist for an up-and-coming singer. (2022, PG, 85min) ★★
11.00 **Caribbean Summer** Romantic comedy. (2022, PG, 84min) ★★

1.00 AM **The Engagement Back-Up** Romantic comedy drama. (2022, PG, 91min) ★★
3.00 **to 5.00** AM **Sweet Pecan Summer** Romantic drama. (2021, PG, 84min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Bulldog Drummond's Revenge** Crime adventure. (1937, b/w, U, 67min) ★★
7.10 **Bait** Thriller. (1954, PG) ★★★
8.50 **Profile** Crime thriller. (1954, b/w, PG, 66min) ★★
10.10 **Devil Girl from Mars** Sci-fi. (1954, b/w, PG, 76min) ★
11.45 **Journey to the Center of the Earth** Fantasy. (1989, PG) ★
1.25 PM **Batman** 11/34. (S1)

2.00 **The Adventures of Robin Hood**
2.30 **The Day the Earth Stood Still** Sci-fi. (1951, b/w, U) ★★★★★
4.20 **Look at Life**
4.30 **Out of Town**
5.00 **The Footage Detectives**
6.00 **Someone at the Door** Comedy thriller. (1950, b/w, PG, 75min) ★
7.10 **What the Butler Saw** Comedy. (1950, b/w, U, 61min) ★★★
8.25 **A Lifetime Ago**
9.00 **Love for Lydia** 4/13. (S1)
10.05 **Red King, White Knight** Spy thriller. (1989, 15, 107min) ★★★

11.50 **The Heritage Chart Show**
12.55 AM **Blind Rage** Crime comedy. (1976, 18, 80min) ★★★
2.35 **Pit of Darkness** Thriller. (1961, U, 76min) ★★
4.10 **Not Wanted on Voyage** Comedy. (1957, b/w, U) ★★
5.50 **to 6.00** AM **Look at Life**

Sunday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Super League Gold**
7.05 LIVE **NRL Newcastle Knights v Wests Tigers.** Coverage of the match at McDonald Jones Stadium. Kick-off **7.05am**.
9.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
11.30 LIVE **SPFL Hibernian v Celtic.** Coverage of the Scottish Premiership match from Easter Road. Kick-off **12.30pm**.
3.15 PM LIVE **EFL Sheffield Wednesday v Plymouth Argyle.** The Championship match at Hillsborough. Kick-off **4.00pm**.
6.00 LIVE **The Hundred Manchester Originals v Northern Superchargers.** Coverage of the men's match at Old Trafford. Start-time **6.00pm**.
9.00 LIVE **PGA Tour Golf** Day four of the Wyndham Championship at Sedgefield Country Club.
11.00 LIVE **WTA Tennis** Coverage of day six of the Canadian Open, the WTA 1000 event in Toronto.
1.00 AM LIVE **ATP Tennis** Coverage of day six of the Canadian Open, the ATP 1000 event in Montreal.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Premier League Icons** A profile of Fernando Torres.
9.30 **Premier League Stories**
10.00 **Premier League Years**
12.00 NOON **Sports Sunday**
6.00 PM **Gary Neville's Soccerbox** Gary is joined by fellow Premier League legend Roy Keane.
7.00 **Goals Of The Season** The best goals of the 2023/24 season.
8.00 **Premier League Years** A look back at the 2023/24 season, a campaign that saw Manchester City winning an unprecedented fourth-successive top-flight title.
10.00 **Class of '92: Full Time** With a playoff place the minimum expectation, an unbeaten run of games has Salford close in on the top seven. But fan unrest prompts Gary Neville to make big changes.
11.00 **PL Retro** Chelsea v Manchester United from the 2011/12 season.
1.00 AM **Premier League Years** A look at the 2022/23 season.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Highlights**
11.30 LIVE **SPFL Hibernian v Celtic.** The Scottish Premiership match at Easter Road. Kick-off **12.30pm**.
3.15 PM LIVE **EFL Sheffield Wednesday v Plymouth Argyle.** Coverage of the Championship match from Hillsborough. Kick-off **4.00pm**.
6.30 **SPFL Highlights** Hibs v Celtic.
6.45 **EFL Highlights** Chesterfield v Swindon Town in League Two.
7.00 MK Dons v Bradford City.
7.15 Harrogate Town v Bromley.
7.30 AFC Wimbledon v Colchester United in League Two.
7.45 Barrow v Crewe Alexandra.
8.00 Cheltenham Town v Newport County in League Two.
8.15 Doncaster Rovers v Accrington Stanley in League Two.
8.30 **SPFL** Hibernian v Celtic.
10.30 **EFL Highlights**
11.00 **SPFL Highlights** Hibs v Celtic.
11.15 **EFL Highlights**
11.45 **SPFL Highlights** Hibs v Celtic.
12.00 M'T **Retro League One**
2.45 AM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **to 6.00** AM **1983: When Aberdeen Ruled Europe**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **The Hundred** Action from the women's match between Welsh Fire v Birmingham Phoenix.
9.30 **The Hundred Bitesize**
10.30 LIVE **The Hundred Oval Invincibles v London Spirit.** Coverage of the women's match at The Oval. Start-time **11.00am**.
2.00 PM LIVE **The Hundred Oval Invincibles v London Spirit.** Coverage of the men's match at The Oval. Start-time **2.30pm**.
5.30 LIVE **The Hundred Manchester Originals v Northern Superchargers.** Coverage of the men's match at Old Trafford. Start-time **6.00pm**.
9.00 **The Hundred Bitesize**
10.00 **The Hundred** Action from the women's match between Manchester Originals and Northern Superchargers, which took place at Old Trafford.
1.05 AM **The Hundred** Action from the men's match between Manchester Originals v Northern Superchargers Old Trafford.
4.35 **Best of England v Sri Lanka** Action from June 2006.
5.00 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 515 505 423 443

6.00 AM **England Golf – Get into Golf**
6.30 **European Challenge Tour Golf** Action from the Irish Challenge.
7.00 **PGA Tour Golf** Day three of the Wyndham Championship at Sedgefield Country Club in Greensboro, North Carolina.
12.00 NOON **Christo Lamprecht – Tall Order** The golfer's journey.
12.15 PM **England Golf – Get into Golf**
12.45 LIVE **PGA Tour Golf** Coverage of the fourth and final day of the Wyndham Championship, held at Sedgefield Country Club in Greensboro, North Carolina.
11.00 **The Open – Official Films** Action from the 2011 Open Championship at Royal St George's.
12.00 M'T **Golf Academy**
1.00 AM **PGA Tour Golf** The 2017 Wyndham Championship.
2.00 **Golf Academy**
3.00 **The Open – Official Films**
4.00 **PGA Tour Golf**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **Tennis** Recent highlights.
12.00 NOON **Tennis** Washington Open.
2.00 PM **Tennis** Recent highlights.
6.00 LIVE **WTA Tennis** Coverage of day six of the Canadian Open.
8.00 LIVE **ATP Tennis** Coverage of day six of the Canadian Open.
10.00 **Tennis** The women's Miami Open.
10.30 **Tennis** The BNP Paribas Open.
11.00 LIVE **WTA Tennis** Coverage of day six of the Canadian Open.
1.00 AM LIVE **ATP Tennis** Coverage of day six of the Canadian Open.
3.00 **US Open Tennis**
3.15 **US Open Classic Matches**
4.00 **to 6.00** AM **Tennis**

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **AFL Richmond v St Kilda.** Coverage of the match staged at Marvel Stadium in Melbourne. Bounce-up **6.20am**.
9.00 **WWE Raw Highlights**
10.00 **WWE SmackDown Highlights**
11.00 **Pre-Season Football**
12.00 NOON **Fishing: On the Bank**
1.00 PM **MLB Highlights**
2.00 **Ariel Helwani Meets**
3.00 **WWE Friday Night SmackDown**
4.30 **Wembley: A Stage for Icons**
5.15 **Tom Aspinall's Fight Lab**
6.00 **Premier League Preview**
7.00 LIVE **Olympics: Closing Ceremony** Coverage from the Stade de France in Paris, as spectators, artists and athletes join together to celebrate another remarkable event before the extinguishing of the Olympic flame.
10.30 **Pre-Season Football**
11.30 **The Football Archives: UEFA Champions League**
12.00 M'T LIVE **MLB** Coverage of a Major League Baseball match.
3.15 AM **MLB Plays of the Week**
3.45 **What I Wore** David De Gea.
4.00 **The Football's On**
5.00 **to 6.00** AM **Down the Clubhouse**

TNT Sports 2

411 871 528 409 431

7.00 AM LIVE **AFL Adelaide Crows v Western Bulldogs.** Coverage of the match from the 22nd round of fixtures, staged at Adelaide Oval. Bounce-up **7.10am**.
10.00 **Badminton Weekly**
10.15 **TNT Sports Reload**
10.30 **Test Cricket Highlights** West Indies v South Africa.
11.30 **TNT Sports Cricket Reload** Action from the first Test between Australia and South Africa.
12.00 NOON **MLB Plays of the Week** A look at the most exciting plays from the past week's matches.
12.30 PM **GT20 Cricket** Action from the second qualifier play-off.
1.30 **Test Cricket Highlights** West Indies v South Africa.
2.30 LIVE **Test Cricket West Indies v South Africa.** Coverage of day five of the first Test in the two-match series at Queen's Park Oval in Trinidad and Tobago.
11.00 **TNT Sports Cricket Reload** Action from the third Test between Australia and South Africa.
11.30 **Formula E Flashback** A look back at the 2015 race at Battersea Park Street Circuit in London.
12.00 M'T **to 6.00** AM **AFL**

TNT Sports 3

417 874 529 410 432

6.00 AM **Premier League Review**
3.00 PM **The Fantasy Show** Expert insight and tips ahead of the 2024/25 Premier League season.
3.30 **Premier League Stories** Behind the scenes at Ipswich Town.
4.00 **1967: When LA Wolves Conquered the USA** How Wolverhampton Wanderers helped introduce football to the US.
4.30 **TNT Sports Reload** The best bits from TNT Sports over the last week.
4.45 LIVE **GT20 Cricket** Coverage of the final from Canada.
8.45 **TNT Sports Reload** The best bits from TNT Sports over the last week.
9.00 **WWE SmackDown Highlights**
10.00 **UFC** Marcin Tybura v Serghei Spivac at UFC Apex in Las Vegas.
1.00 AM **Tom Aspinall's Fight Lab** A preview of UFC 305 at RAC Arena in Perth, Australia.
1.45 **UFC: The Ultimate Fighter** MMA fighters train and compete.
2.45 **UFC Reloaded** A look back at UFC 208 from February 2017 in New York, featuring the headline bout between Germaine de Randamie and Holly Holm.
5.15 **Around the Block**
5.30 **to 6.00** AM **TNT Sports Reload**

Sky Sports Action

408 517 507 426 446

6.00 AM **NFL Highlights**
7.00 **Super League Gold**
7.05 LIVE **NRL Newcastle Knights v Wests Tigers.** Coverage of the match at McDonald Jones Stadium. Kick-off **7.05am**.
9.00 **My Icon** Leon Pryce.
9.10 LIVE **NRLW Newcastle Knights v St George Illawarra Dragons.** From McDonald Jones Stadium. Kick-off **9.10am**.
10.55 **Super League Gold**
11.00 LIVE **European Open Pool** The semi-finals from Hotel Esperanto in Fulda, Germany.
3.30 PM **PDC Classics**
5.30 LIVE **European Open Pool** The final from Hotel Esperanto in Fulda, Germany. Last year, David Alcaide defeated Anton Raga in the showpiece match.
8.30 **Super League Highlights**
9.30 **NFL Highlights** New York Giants v Seattle Seahawks.
10.30 **NFL Hard Knocks: Bears**
11.30 **NFL Bitesize Highlights**
12.00 M'T **NFL Highlights**
2.00 AM **Fight Night International**
3.00 **Top Rank Boxing Archive**
4.00 **to 6.00** AM **NFL Highlights**

Sky Sports Mix

416 873 510 429 449

6.40 AM **Super League Highlights**
7.10 **The Rugby Championship**
9.15 **My Icon** Nigel Owens.
9.30 **The Hundred Bitesize**
10.00 **Fight Night International**
11.00 **Formula 1** Monaco Grand Prix.
12.00 NOON The Canadian Grand Prix from Montreal.
1.55 PM **Tennis** Miami Open.
2.25 LIVE **The Hundred Manchester Originals v Northern Superchargers.** The women's match from Old Trafford. Start-time **2.30pm**.
5.30 **The Hundred Bitesize**
6.30 **Tennis** Recent highlights.
8.00 **Fight Night** Chelli v Simpson.
9.00 **Top Rank Boxing Archive**
10.00 **Formula 1** British Grand Prix.
11.00 Hungarian Grand Prix.
12.00 M'T Belgian Grand Prix.
1.00 AM **Tennis** Recent highlights.
3.00 **NFL Highlights**
4.00 **to 6.00** AM **Top Rank Boxing Archive**

TNT Sports 4

421 876 530 411 434

6.00 AM **Ultimate Pool**
7.30 **TNT Sports Reload**
8.00 **MLB Highlights**
9.00 **One Day International Cricket** The third and final ODI between Sri Lanka and India, held at the R Premadasa International Stadium.
10.00 **AFL** Essendon v Gold Coast Suns.
12.00 NOON **AFL** Melbourne v Adelaide.
2.00 PM **GT20 Cricket** Action from the second qualifier play-off.
3.00 **AFL** Carlton v Hawthorn.
5.00 **MLB Highlights**
6.00 **MLB: Off the Bat**
6.30 LIVE **MLB New York Yankees v Texas Rangers.** Coverage of the American League match taking place at Yankee Stadium. Start-time **6.35pm**.
9.45 **AFL** Richmond v St Kilda.
11.45 **AFL** Action from Adelaide Crows v Western Bulldogs.
1.45 AM **Super Villans**
3.00 **to 6.00** AM **Henley Royal Regatta**

Eurosport 1

413 868 521 412 435

7.00 AM **Bonjour Paris**
8.00 LIVE **Olympics: Athletics** The women's marathon.
9.55 LIVE **Olympics: Modern Pentathlon** Coverage of the women's individual final.
10.40 LIVE **Olympics: Weightlifting** Coverage of the women's +81kg.
1.00 PM LIVE **Olympics: Volleyball** The women's volleyball final.
2.30 **Olympics: Athletics**
3.30 **Olympics: Modern Pentathlon**
4.30 **Olympics: Weightlifting:**
5.30 **Olympics: Athletics**
7.00 LIVE **Olympics: Closing Ceremony** Coverage from the Stade de France in Paris.
10.30 **Olympics: Athletics**
12.00 M'T **Olympics: Track Cycling**
1.00 AM **Olympics: Closing Ceremony**
2.00 **World Superbikes**
3.00 **British Superbikes**
4.00 **Olympics: Closing Ceremony**
5.00 **to 6.00** AM **Olympics: Best of Team GB**

Eurosport 2

414 869 522 413 436

6.00 AM **Olympics: Athletics**
6.55 LIVE **Olympics: Athletics** The women's marathon.
8.00 LIVE **Olympics: Handball** The men's bronze medal game.
10.00 LIVE **Olympics: Track Cycling** Coverage of the final day at Saint-Quentin-en-Yvelines Velodrome.
1.45 PM LIVE **Olympics: Handball** The men's gold medal game.
2.30 LIVE **Olympics: Basketball** Coverage of the women's gold medal game. Tip-off **2.30pm**.
5.00 **Olympics: Track Cycling**
6.00 **Olympics: Weightlifting**
7.00 **Olympics: Modern Pentathlon**
8.00 **British Superbikes**
9.00 **World Superbikes**
10.00 **Olympics: Track Cycling**
11.00 **Olympics: Weightlifting**
12.00 M'T **World Superbikes**
1.00 AM **British Superbikes**
2.00 **Olympics: Best of Team GB**
4.00 **British Speedway**
5.00 **to 6.00** AM **World Superbikes**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
12.00 NOON **Sports Sunday**
1.00 PM LIVE **PGA Tour Golf** The early stages of the final round of the Wyndham Championship at Sedgefield Country Club in Greensboro, North Carolina.
6.00 LIVE **WTA Tennis** Coverage of day six of the Canadian Open at Sobeys Stadium in Toronto.
8.00 **Sky Sports News**
8.30 LIVE **ATP Tennis** Coverage of day six of the Canadian Open at IGA Stadium in Montreal.
10.30 **Sky Sports News**
11.00 LIVE **WTA Tennis** Coverage of day six of the Canadian Open at Sobeys Stadium in Toronto.
1.00 AM LIVE **ATP Tennis** Coverage of day six of the Canadian Open at IGA Stadium in Montreal.
3.00 **Adam Hills: Foot Fault**
4.15 **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
11.00 **Formula 1** Monaco Grand Prix.
12.00 NOON **Formula 1** Highlights.
6.00 PM **Formula 1** The Monaco Grand Prix at Circuit de Monaco.
7.00 The Canadian Grand Prix at the Circuit Gilles-Villeneuve.
8.00 The Spanish Grand Prix at the Circuit de Barcelona-Catalunya.
9.00 The Austrian Grand Prix at Red Bull Ring in Spielberg.
10.00 Highlights of the British Grand Prix from Silverstone.
11.00 Highlights of the Hungarian Grand Prix at the Hungaroring.
12.00 M'T **Formula 1** Belgian Grand Prix.
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Monday

12 August

Evening Planner

Documentary

Animal Park
BBC1, 9.30am
Ben Fogle and Kate Humble once again go behind the scenes at Longleat – joined by Megan McCubbin and Hamza Yassin.

Nature

My Tiger Family
BBC2, 9pm
The story of the 50-year association between tiger expert Valmik Thapar and India's Ranthambore National Park.

Documentary

Emergency
C4, 9pm
The life-saving work of the London Major Trauma System, a network of hospitals, air ambulances and paramedics.

Documentary

Forensics: Murder Scene
Channel 5, 9pm
This six-parter follows forensics teams working alongside West Yorkshire Police, beginning with a body found in Leeds.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Scam...	9.00 Death in Paradise		10.00 News; Local News	10.40 Have I...
102 BBC2	7.00 Iolo's Valleys	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 My Tiger Family		10.00 Spent	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Long Lost Family		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Yorkshire By the Sea		9.00 Emergency		10.00 Murder Case: The Digital Detectives	
105 CHANNEL 5	7.00 Traffic Cops		8.00 Motorway Cops: Catching Britain's...		9.00 Forensics: Murder Scene			10.30 Police: Hour...
106 SKY SHOWCASE	7.00 The Simpsons		8.00 UFO		9.00 Elizabeth Taylor: The Lost Tapes			
ENTERTAINMENT								
115 BBC3	7.00 Top Gear		8.00 Shark Tank: Dragons' Den US		9.00 Stacey Dooley Sleeps Over	9.45 High: Confessions of an...		10.30 Drugs Map of...
116 BBC4	7.00 Great British...	7.30 Gareth...	8.00 The Impressionists – Painting and...		9.00 Call My Bluff	9.30 Going for a Song	10.00 The Sky at...	10.30 Sex and...
118 ITV2	7.00 Ant & Dec's Limitless Win		8.00 Bob's Burgers		9.00 Family Guy			
136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 Car S.O.S.		10.00 Holidays from Hell: Caught on Camera	
135 E4	7.00 Hollyoaks	7.30 Second-Hand...	8.00 Below Deck Adventure		9.00 Gogglebox		10.00 Naked Attraction	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 The Cleaning Lady		10.00 Coroner	
108 SKY ATLANTIC	◂ 6.55 Britannia		7.55 Game of Thrones		9.00 Mare of Easttown			10.05 The Last of Us
110 GOLD	◂ 6.35 Dad's Army: The Lost Episodes		8.00 dinnerladies	8.40 Ghosts		9.20 Harry Enfield and...	10.00 Bottom	10.40 Royle...
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL			
119 ITV3	7.00 Heartbeat		8.00 Vera				10.00 Cracker	
120 ITV4	7.00 The Chase Celebrity Special		8.00 King of the Roads					10.05 Film: Rambo III
112 COMEDY CENTRAL	7.00 Friends		8.00 Most Ridiculous		9.00 Lee Evans: Live in Scotland			10.30 Jimmy Carr...
139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Film: Alien Apocalypse			
113 SKY MAX	7.00 Stargate SG-1		8.00 Freddie Fries Again		9.00 Mr Bigstuff	9.30 The Walking Dead		10.30 Warrior
109 ALIBI	7.00 Elementary		8.00 Death in Paradise		9.00 Father Brown		10.00 Pretty Hard Cases	
130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu in Wonderland					10.30 André Rieu...
132 U&W	7.00 MasterChef Australia			8.40 Amanda & Alan's...		9.20 Sort Your Life Out with Stacey Solomon		10.40 Gentle...
DOCUMENTARY								
125 DISCOVERY	7.00 Jeremy Wade's Dark Waters		8.00 Wheeler Dealers		9.00 Shorty's Dream Shop		10.00 Last Chance Garage	
162 ANIMAL PLANET	7.00 Crikey! It's the Irwins		8.00 Lair of the Killer Crocs		9.00 Monster Croc Invasion		10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Construction Fails		9.00 Air Crash Investigation: Special Report		10.00 Air Crash Investigation	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Container Wars		9.00 How Disney Built America		10.00 Greatest Prison Escapes with Billy...	
155 U&YESTERDAY	7.00 Find It, Fix It, Flog It		8.00 Abandoned Engineering		9.00 A Very British Murder with Lucy...		10.00 Bangers & Cash	
121 SKY DOCS	7.00 The Great Rhino Robbery		8.00 Murder in Boston: Roots, Rampage...		9.00 Elizabeth Taylor: The Lost Tapes			
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.00 Uproar		8.00 Night Swim			9.45 Parallel		
302 ADVENTURE	7.00 The Hangover			8.50 The Hangover Part II				
303 BLOCKBUSTERS	◂ 6.00 Spider-Man: Into the Spider-Verse		8.00 Mission: Impossible – Dead Reckoning Part One					
304 GREATS	◂ 6.10 Bridget Jones's Diary		8.00 Beverly Hills Cop				10.00 The Big Lebowski	
305 ANIMATION	◂ 5.45 Home	7.25 Dr Seuss' The Lorax			9.00 Monster Family 2			
306 FAMILY	◂ 6.00 Pan		8.00 Swallows and Amazons			9.55 Ghost Squad		
307 ACTION	◂ 6.20 Hancock		8.00 Shazam! Fury of the Gods				10.20 Gladiator	
308 COMEDY	◂ 5.40 Love Again		8.00 Galaxy Quest			9.50 My Big Fat Greek Wedding 2		
309 THRILLER	◂ 5.45 State of Play		8.00 Maggie Moore(s)			9.45 Vanilla Sky		
310 DRAMA	◂ 6.10 A Street Cat Named Bob		8.00 The Blind Side				10.10 Ferrari	
311 SCI-FI	◂ 5.30 The Matrix		8.00 The Matrix Reloaded				10.20 Monolith	
313 FILM4		7.10 Made in Italy			9.00 Copshop			
SPORT								
401 MAIN EVENT	◂ 6.00 The Hundred...	7.30 EFL – Live: Luton Town v Burnley (Kick-off 8.00)						
402 PREMIER LEAGUE	7.00 PL Preview	7.30 PL Stories	8.00 Premier League Years				10.00 Class of '92: Full Time	
403 FOOTBALL	7.00 Scottish...	7.30 EFL – Live: Luton Town v Burnley (Kick-off 8.00)						
404 CRICKET	◂ 6.00 The Hundred – Live: Birmingham Phoenix Men v Trent Rockets Men (Start-time 6.30)					9.30 The Hundred...	10.00 The Hundred	
410 TNT SPORTS 1	◂ 6.30 Ultimate Pool – Live: Coverage of Group 9 of the Ultimate Pool Pairs Cup					9.30 PL Preview		10.30 The Fantasy...
411 TNT SPORTS 2	7.00 UEFA Champions League Goals Reload		8.00 MLB Highlights		9.00 Fishing: On the Bank		10.00 Test Cricket Highlights	

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 NEW SERIES **Animal Park** 1/10. A new species of predator is introduced to Longleat Safari Park. *See feature, page 20.* (S)(AD)
10.15 **Countryfile Treasures** (S)(R)
11.00 **Homes Under the Hammer** (S)(R)
12.00 NOON **Bargain Hunt** (S)(R)(AD)
1.00 PM **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** New edition Nicki Chapman helps a young family to relocate from Manchester to Cheshire. (S)
3.45 **The Repair Shop** (S)(R)(AD)
4.30 **The Finish Line** Quiz show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7.00 **The One Show** Alex Jones and Lauren Laverne present the topical show. (S)
7.30 **EastEnders** Peter is jealous of Bobby's recent promotion, and Nish makes a desperate attempt to upset Suki and Eve. (S)(AD)
8.00 **Panorama: The Nottingham Attacks – A Search for Answers** New edition Current affairs report. (S)
8.30 **Scam Interceptors** A call centre pretending to be a mobile provider. (S)(R)
9.00 **Death in Paradise** *Murder on Mosquito Island:* A desert island survival course goes wrong when the leader – a trained survival expert and ex-SAS soldier – is found dead in the forest of a remote island near Saint Marie. (S)(R)(AD)
10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Have I Got News for You** David Tennant hosts the satirical current affairs quiz, with guest panellists Richard Osman and Lucy Beaumont. (S)(R)
11.10 FILM **Crazy Rich Asians** Romantic comedy based on Kevin Kwan's novel, starring Constance Wu and Henry Golding. A New York professor heads to Singapore with her boyfriend, and is surprised to learn he is from an extremely wealthy family. With Michelle Yeoh, Gemma Chan and Awkwafina. (S)(AD) (2018, 12, 115min) ★★★★
1.05 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.10 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.45 AM **Saturday Kitchen: Matt's Dream Dishes** (S)(R)
8.15 **Sign Zone: Bridge of Lies** (S)(R)
9.00 **BBC News** (S)
1.00 PM **Head Hunters** (S)(R)
1.45 **Catchpoint** Quiz show. (S)(R)
2.15 **A Countryside Summer** (S)(R)(AD)
2.45 **Spy in the Wild** (S)(R)(AD)
3.45 **B&B by the Sea** (S)(R)
4.15 **Cornwall: This Fishing Life** Restrictions begin to ease after the COVID-19 lockdown. (S)(R)(AD)
5.15 **Flog It!** The antiques experts search for items at Penrhyn Castle in north Wales. (S)(R)
6.00 **Robson Green's Weekend Escapes** The actor tries out landscape painting. (S)(R)(AD)
6.30 Robson and podcaster Rosie Ramsey enjoy a bushcraft lesson in Northumberland. (S)(R)(AD)

8.00 Only Connect

7.00 NEW SERIES **Iolo's Valleys** 1/4. Iolo Williams explores the valleys north of Swansea. (S)
7.30 NEW SERIES **Mastermind** Quiz show. Tonight's specialist subjects include TV comedy *Dad's Army* and Liverpool FC under Jurgen Klopp. (S)
8.00 NEW SERIES **Only Connect** Victoria Coren Mitchell returns to host the quiz show. (S)
8.30 NEW SERIES **University Challenge** Queen's University Belfast take on the University of Liverpool. (S)
9.00 NEW **My Tiger Family** The 50-year story of a wild tiger family in north-west India with the lives of the big cats documented by Valmik Thapar, who has dedicated his life to following them. (S)(AD)
10.00 **Spent** Series finale 6/6. The romantic tension between Mia and Jo reaches a head. (S1) (S)(AD) ■ Entire series on BBC iPlayer
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 FILM **The Sense of an Ending** Drama starring Jim Broadbent. A man becomes haunted by his past and is presented with a mysterious legacy that causes him to re-think his current situation in life. (S) (2017, 15, 105min) ★★★
12.50 AM **Sign Zone: Countryfile** Joe Crowley visits Thursley National Nature Reserve in Surrey. (S)(R)
1.45 **Sign Zone: Clean It, Fix It** (S)(R)
2.30 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Celebrity interviews and studio debate. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson is joined by Henry Nicholls, Stewart Hofgartner, Tim Hogarth and Mark Stevens in Burton upon Trent. (S)(R)(AD)
3.00 **Tenable** Warwick Davis hosts as five friends from Warwickshire University compete. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Long Lost Family

7.00 **News** (S)
7.30 **Emmerdale** Tracy gets into an argument with Mandy, and Noah asks Amelia if he can still be part of Esther's life. (S)(AD)
8.00 **Coronation Street** Leanne keeps her distance as Toyah undergoes an operation, Kit moves into the Rovers, and Aadi cautions Amy against investing her inheritance from Deirdre in the Institute. (S)(AD)
9.00 **Long Lost Family** New edition Featuring the stories of two women searching for siblings, including one who always had a feeling that she had a biological sister and has longed to meet her since being proved right. (S)(AD)
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **Mission: Impossible III** Action thriller sequel starring Tom Cruise, Philip Seymour Hoffman and Michelle Monaghan. Secret agent Ethan Hunt tries to free his kidnapped wife from the clutches of an international arms dealer. With Ving Rhames, Billy Crudup and Laurence Fishburne. (S)(AD) (2005, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM **Teleshopping**
3.00 **Family Fortunes** Game show with Gino D'Acampo. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jimmy's Taste of Florida** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.20 AM **Cheers** 13&14/26. (S5) (S)(R)
7.10 **Everybody Loves Raymond** (S)(R)
9.00 **Frasier** 5-8/24. (S9) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)(AD)
12.00 NOON **News** (S)
12.05 PM **Paris 2024 Paralympics: Meet the Athletes** (S)(R)(AD)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** A 1978 MG. (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** (S)(R)
5.00 **A New Life in the Sun: Where Are They Now?** New edition Gîte owners Mark and Lesley take flight with a new idea. (S)
6.00 **Come Dine with Me** (S)(R)
6.30 **The Simpsons** *The Man in the Blue Flannel Pants:* Homer is promoted to accounts manager at the power plant. (S)(R)(AD)

5.00 A New Life in the Sun

7.00 **News** (S)
8.00 **Yorkshire By the Sea** New edition 2/4. Whitby distillers Jess and Luke are creating their latest tipple from foraged seaside ingredients. In Scarborough, pioneering sea-farmer Wave checks out his harvest of sugar kelp. (S)(AD)
9.00 NEW SERIES **Emergency** Return of the documentary. A paratrooper arrives at the Royal London after a paragliding accident, and he needs high-risk surgery if he's to have a chance of walking again. (S)(AD) ■ Continues tomorrow
10.00 **Murder Case: The Digital Detectives** 1/3. Series exploring ground-breaking techniques helping police to solve murders. In this edition, a 17-year-old boy is chased down and stabbed in a vicious assault. (S)(R)(AD)
11.05 **Night Coppers** 1/6. Following police officers who patrol the city of Brighton after dark. (S)(R)(AD)
12.00 M'T **Murdered: The Baby on the Beach** Triple bill. (S)(SL)(R)(AD)
2.40 AM **Becoming Elizabeth** (S)(R)
3.40 **Grand Designs** (S)(SL)(R)(AD)
4.35 **Kirstie's Fill Your House for Free**
4.50 **Frasier** 13&14/24. (S1) (S)(R)(AD)
5.35 **Paris 2024 Paralympics: Meet the Athletes** (S)(SL)(R)(AD)
5.40 **to 6.20** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S1&2) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **Gone Girl: The Disappearance of Jennifer Dulos** Fact-based crime drama starring Annabeth Gish. (S) (2020, 12, 105min) ★★
4.00 **The Cruise: Fun-Loving Brits at Sea** The holiday-makers visit the Greek capital Athens, including a visit to the ruins of Hadrian's Library. (S)(R)(AD)
5.00 **News** (S)
6.00 **World's Most Scenic Railway Journeys** A trip through the Peak District at full steam. (S)(R)
6.55 **News** (S)

9.00 Forensics: Murder Scene

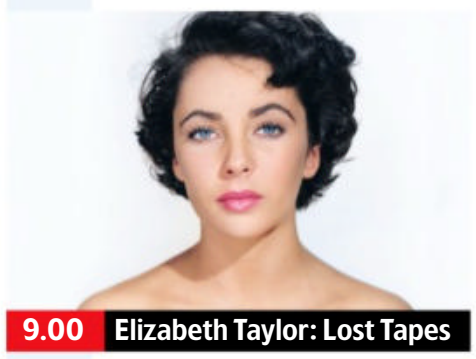
7.00 **Traffic Cops** A prolific car thief crashes and rolls a stolen car at over 100mph, while the hunt for a disqualified driver leads to a high-speed pursuit. (S)(R)
7.55 **News** (S)
8.00 **Motorway Cops: Catching Britain's Speeders** New edition 8/10. Sgt Dave Roberts pursues a vehicle suspected of having cloned number plates, but the driver refuses to stop despite two flat tyres from a stinger. (S)
9.00 NEW SERIES **Forensics: Murder Scene** 1/6. Documentary telling the inside story of forensics teams working alongside West Yorkshire Police – beginning with a woman who has been brutally stabbed in her home in Leeds. (S)
10.30 **Police: Hour of Duty** A woman is in custody after being arrested on suspicion of causing harm to her baby. Suffering from multiple bleeds on the brain, the baby is in a critical condition. (S)(R)
11.25 **Police 999: Clear & Present Danger** Police search for a missing pensioner. (S)(R)
12.25 AM **Traffic Cops** (S)(R)
1.20 **PlayOJO Live Casino Show** (S)
3.20 **The Science of Sleep: How to Sleep Better** (S)(R)
4.10 **House Busters** (S)(SL)(R)
5.05 **House Doctor** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S6) (S)(R)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S1) (S)(R)
1.00 PM **MacGyver** (S5) (S)(R)
2.00 **MacGyver** 11/15. (S5) (S)(R)
3.00 **Hawaii Five-0** (S8) (S)(R)
4.00 **S.W.A.T.** 6/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** *The Two Mrs Nahasapeemapetilons:* Apu pretends Marge is his wife. (S)(R) **5.30** *Bart Star:* Homer becomes a junior football coach. (S)(R)
6.00 **The Office (US)** 16/26. Sabre's CEO visits Scranton. (S)(R) **6.30** 17/26. Part one of two. Mother-to-be Pam hopes to delay her arrival at the hospital until after midnight. (S6) (S)(R)



9.00 Elizabeth Taylor: Lost Tapes

7.00 **The Simpsons** *Lisa the Skeptic:* Lisa uncovers an unusual fossil on an archaeological dig. (S)(R) **7.30** *Realty Bites:* Marge takes a job as an estate agent, but her honesty causes problems. (S)(R)
8.00 **UFO** 3/4. The world reels from the *New York Times* bombshell, and some begin to wonder if the US government may be using the alien narrative to cover up something far more sinister. (S)(R)(AD)
9.00 **Elizabeth Taylor: The Lost Tapes** A profile of the Hollywood star told through audio tapes recently discovered in the archive of journalist Richard Meryman, revealing the complex inner life and vulnerability of the star. (R)
11.00 **Last Week Tonight with John Oliver** A satirical look at news and pop culture. (R)
11.45 **Sex and the City** 15&16/20. Double bill. (S6) (S)(R)
1.05 AM **Brit Cops: Frontline Crime UK** Documentary. (S)(R)
2.00 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** (S8) (S)(R)
4.00 **S.W.A.T.** (S6) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm True North: Darts City New edition (S) **11.10** Have I Got News for You (S)(R) **11.40** FILM Crazy Rich Asians (S)(AD) (2018, 12, 115min) ★★★★ **1.35-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
8.00pm Eisteddfod 2024 with Huw Stephens (S)(R) **8.30-9.00** One Man and His Island – Our Lives (S)(R) **10.40-11.10pm** Panorama: The Nottingham Attacks – A Search for Answers New edition (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm Kayak ó Thuaidh (S)(R)

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Caru Siopa (AD) **12.30** Heno Aur **1.00** Ralïo+ **1.30** Tanwen ac Ollie (AD) **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion S4C a'r Tywydd **3.05** Canu gyda Fy Arwr **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cegin Bryn **6.30** Bywyd y Fet **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Trefi Gwyllt Iolo **8.25** Garddio a Mwy New edition **8.55** Newyddion S4C a'r Tywydd **9.00** Cefn Gwlad (AD) **10.00** Sgorio **10.30** Cyfres Triathlon Cymru 2024 – Triathlon Caerdydd **11.00-11.35pm** Y Sin

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** A search for the world's best taxi.
8.00 **Shark Tank: Dragons' Den US** New edition A Brooklyn entrepreneur showcases her beauty line.
8.40 **The Catch Up**
8.45 **Press X to Continue** Steffan Powell discusses open-world gaming.
9.00 **Stacey Dooley Sleeps Over** Stacey spends time with a Mormon family from Ashton-under-Lyne.
9.45 **High: Confessions of an Ibiza Drug Mule** 5/5. Michaella reveals how she got out of prison early.
10.30 **Drugs Map of Britain** 2/4. A look at the trend of vaping THC in 16 to 24-year-olds. **10.55** 3/4. Dealers share their stories of monkey dust.
11.20 **Him & Her** (S2&3)
12.20 AM **Eating with My Ex**
12.50 **High: Confessions of an Ibiza Drug Mule**
1.35 **Drugs Map of Britain**
2.25 **Lazy Susan**
2.40 **Him & Her** (S2&3)
3.40 **to 3.50** AM **Mobility**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo explores the West Country.
7.30 **Gareth Edwards' Great Welsh Adventure** 1/5. The former rugby player and his wife Maureen explore Wales.
8.00 **The Impressionists: Painting and Revolution** 1/4. The achievements of painters associated with the art movement.
9.00 **Call My Bluff** Game show.
9.30 **Going for a Song** With Tim Hollier and Jane Rossington.
10.00 **The Sky at Night** New edition The team talk to NASA's head of science.
10.30 **Sex and Sensibility: The Allure of Art Nouveau** A history of the movement.
11.30 **Maggi Hambling: Making Love with the Paint**
12.30 AM **Romancing the Stone: The Golden Ages of British Sculpture**
1.30 **Great British Railway...**
2.00 **Gareth Edwards' Great...**
2.30 **to 3.30** AM **The Impressionists: Painting and Revolution**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions from Wigan.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Chateau DIY** Edward chops down a 100ft oak tree that is threatening to damage the building.
6.55 **Car S.O.S** Fuzz and Tim secretly restore a classic 1971 Triumph GT6.
7.55 **Grand Designs** Kevin McCloud follows a project near Newbury to construct a farmhouse that combines an open-plan party pad with functional spaces below.
9.00 **Car S.O.S** Fuzz and Tim journey to Hampshire to work on a Ford Mondeo.
10.00 **Holidays from Hell: Caught on Camera** Cameras reveal what can go wrong when a dream holiday turns into a nightmare. Footage includes ski crashes to Brits behaving badly.
11.05 **24 Hours in A&E**
12.10 AM **Paris 2024 Paralympics: Meet the Athletes** Thomas Young.
12.15 **Emergency Helicopter Medics** Documentary.
1.20 **999: On the Front Line**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 13-16/24. (S10)
2.00 PM **The Goldbergs**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** The identity of Blue is finally revealed.
7.30 NEW SERIES **Second-Hand Showdown with Vicky Pattison** Vicky helps Ellie and Shay to find a new style using only pre-loved items.
8.00 NEW SERIES **Below Deck Adventure** 1/13. Following crew and guests aboard a yacht sailing along the Norwegian fjords.
9.00 **Gogglebox** Reviews of *I'm a Celebrity... Get Me Out of Here!* and *The Traitors.*
10.00 **Naked Attraction** Sam from Melton Mowbray is seeking a superhero.
11.05 **First Dates**
12.05 AM **The Big Bang Theory**
1.05 **Brooklyn Nine-Nine**
2.05 **Modern Family**
2.55 **Below Deck Adventure**
3.45 **Ramsay's Kitchen Nightmares USA**
4.35 **The Neighborhood**
5.25 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hour 235/236 | 306 | 30 | 123

Monday primetime

MONDAY Entertainment

Monday

Sky Witness

107 807 110 341 356

6.00 AM **Bondi Rescue**
7.00 **999 Frontline**
8.00 **Border Patrol**
9.00 **Highway Cops**
10.00 **Caught on Dashcam**
11.00 **Bull** 1/16. (S5)
12.00 NOON **The Rookie** 19/20. Nolan and Bishop answer an alarm call at the house of music star will.i.am. (S1)
1.00 PM **Chicago Fire** 3/22. Severide and Pryma reluctantly work together. (S11)
2.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

9.00 The Cleaning Lady

7 PM

7.00 **Nothing to Decalre** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **The Equalizer** 1/10. First episode of the drama starring Queen Latifah as a single mother and former CIA operative. (S1)

9 PM

9.00 NEW SERIES **The Cleaning Lady** *Arman:* 1/12. Arman goes missing, so Thony and Nadia join forces to look for him. (S3)

10 PM

10.00 **Coroner** *Our Home On Native Land:* 9/12. Jenny and Donovan investigate a death in Toronto's homeless community. (S4)
11.00 **Chicago Fire** As 1.00pm.
12.00 M'T **The Good Doctor** (S1)
1.00 AM **Elsbeth** 3/10. Drama. **2.00** New episode 4/10. (S1)
3.00 **Law & Order: Special Victims Unit** 13/22. (S24)
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Bondi Rescue**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town**
8.10 **Riviera** (S2&3)
10.20 **Britannia** 1&2/8. (S3)
12.25 PM **Game of Thrones** (S4)
1.40 **The Sopranos** 5&6/13. (S2)
3.55 **Riviera** 2/8. Georgina comes face-to-face with Nico Eltham. **4.55** 3/8. Daphne reveals to Georgina how worthless Nico makes her feel. (S3)
5.55 **Britannia** 3/8. Aulus follows Hemple's guidance. **6.55** 4/8. Antedia and Lucius bond over their mutual wish for revenge. (S3)

9.00 Mare of Easttown

7.55 **Game of Thrones** *Oathkeeper:* 4/10. Jaime finally visits Tyrion in jail after some persuasion from Bronn, and also has a mission for Brienne. Jon asks for volunteers to go to Craster's Keep. (S4)

9.00 **Mare of Easttown** *Miss Lady Hawk Herself:* 1/7. A detective in a small US town investigates a murder. Stars Kate Winslet. (S1)

10.05 **The Last of Us** *Endure and Survive:* 5/9. Joel and Ellie encounter the most wanted man in Kansas City. (S1)
11.20 **Succession** 7/9. Shiv and Roman try to arrange a meeting with Lukas Matsson, a tech mogul who recently snubbed Logan. (S3)
12.30 AM **The Leftovers** (S3)
3.00 **Game of Thrones**
4.10 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **DC's Legends of Tomorrow**
7.00 **SEAL Team** 13/20. (S3)
8.00 **Supergirl** 9/20. (S1)
9.00 **Stargate SG-1** (S6)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 11/20. (S1)
1.00 PM **MacGyver** 10&11/15. (S5)
3.00 **Hawaii Five-0** 7/25. (S8)
4.00 **S.W.A.T.** 6/22. (S6)
5.00 **SEAL Team** 12/20. Part two of two. The Tactical Operations Centre is compromised. (S3)
6.00 **Stargate SG-1** 15/22. O'Neill and Maybourne find themselves marooned. (S6)

8.00 Freddie Fries Again

7.00 **Stargate SG-1** *Metamorphosis:* 16/22. The team hear a disturbing report. (S6)

8.00 **Freddie Fries Again** 3/6. Andrew and Rob head to the south coast of England, where they search for dinosaur fossils.

9.00 **Mr Bigstuff** 5/6. Lee realises his past has caught up with him. (S1)
9.30 **The Walking Dead** *No Way Out:* 9/16. Alexandria's walls have been breached. (S6)
10.30 **Warrior** *The Blood and the Sh*t:* 5/10. Ah Sahm and Young Jun transport precious cargo through the Sierra Nevada. (S1)
11.30 **The Force: Manchester** A man is assaulted by two attackers.
12.30 AM **Brit Cops: Frontline Crime UK** Documentary.
1.30 **Road Wars** Double bill.
3.00 **Hawaii Five-0** 7/25. (S8)
4.00 **S.W.A.T.** 6/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.30 **Totally Bonkers Guinness World Records**
10.00 **Love Bites**
12.00 NOON **Dress to Impress**
1.00 PM **In for a Penny**
2.00 **Supermarket Sweep**
3.00 **Charmed** 9/22. (S2)
4.00 **Dawson's Creek** 8/23. Jen and Dawson grow closer. (S5)
5.00 **Dress to Impress**
6.00 **Celebrity Catchphrase** With Emily Atack, Brenda Edwards and Martin Kemp.

7.00 Ant & Dec's Limitless Win

7.00 **Ant & Dec's Limitless Win** The duo host the game show as sisters Sarah and Amy return to take on the money ladder.

8.00 **Bob's Burgers** 4/22. Teddy looks for a sign. **8.30** New episode 5/22. Jimmy Jr takes dance lessons. (S13)

9.00 **Family Guy** 5/18. Brian and Peter go on a mission. **9.30** 7/18. Stewie and Brian help Chris using the time machine. (S13)

10.00 **Family Guy** 15/21. Peter takes up smoking. **10.30** 16/21. Brian gives Stewie herpes during a blood oath. (S12)
11.00 **Family Guy** 17/21. Peter goes on a trip and returns an intelligent, classy person. (S12)
11.30 **American Dad!** (S9)
12.30 AM **Bob's Burgers** New episodes 6&7/22. (S13)
1.30 **Deal or No Deal**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.00 **Agatha Christie's Poirot**
10.00 **Bless This House**
10.30 **The Royal** *Home from the Hill.*
11.35 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.50 **A Touch of Frost** *The Things We Do for Love:* Jack investigates a murder in a religious community.
6.00 **Heartbeat** *The Hospital Job:* Mason and Wetherby find themselves in grave danger.

10.00 Cracker

7.00 **Heartbeat** *Ups and Downs:* Carol is smitten with a visitor, but the police suspect he is involved in a spate of burglaries.

8.00 **Vera** *Shadows in the Sky:* When a dock worker plunges from a multi-storey car park, Vera investigates a work dispute over a young man's death and uncovers a life of secrets and lies.

10.00 **Cracker** *The Big Crunch – Part One:* 4/9. Fitz investigates the disappearance of a girl mixed up in a cult. (S2)
11.05 **Cracker** *The Big Crunch – Part Two:* 5/9. The Trants become desperate to save themselves, while Fitz's fears for Joanne prove justified. (S2)
12.05 AM **Agatha Christie's Poirot**
1.45 **Bless This House**
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Beechgrove Garden**
2.30 **Sign Zone: Scotland's Home of the Year**
3.00 **Sign Zone: Pink Dreams**
3.30 **Sign Zone: The Island That Saved My Life**
4.00 **This Is BBC Scotland**
7.00 **Sportscene: SWPL Highlights** Action from the latest matches in the women's top flight.
7.30 **Paramedics on Scene** A teenage girl suffers a fall from a high fence.
8.30 **Life on the Bay**
9.00 **The Nine**
10.00 **River City** New episode Eddie seizes an opportunity for revenge.
10.30 **Alan Carr's Picture Slam** Game show.
11.15 **Martin Compston's Norwegian Fling**
11.45 PM **to 12.00** M'T **Rewind 2000s**

Sky Comedy

114/115 814 112 347 362

8.00 AM **Will & Grace**
9.00 **The Conners** (S3)
10.00 **Crashing** 3/8. (S1)
10.30 **Barry** 2&3/8. (S3)
11.50 **Young Rock** (S3)
12.50 PM **Insecure** (S1)
2.05 **Barry** 4&5/8. (S3)
3.25 **Young Rock** (S3)
4.25 **Crashing** 4/8. (S1)
5.00 **Will & Grace** (S10)
6.00 **The Office (US)** (S6)
7.00 **The Conners** (S3)
8.00 **Will & Grace** 3/25. Will and Jack get a surprise. **8.30** 4/25. Will and Jack are accused of sexism at a sensitivity seminar. (S3)
9.00 **Last Week Tonight with John Oliver** New edition A satirical look at the week's news.
9.45 **Silicon Valley** (S3)
11.00 **Last Week Tonight with John Oliver** As 9.00pm.
11.45 **Sex and the City** (S6)
12.55 AM **Fantasmas** (S1)
2.05 **Girls** 3&4/10. (S2)
3.15 **Camping (US)** 8/8.
3.50 **to 5.00** AM **Insecure**

Sky Arts

130/131 826 123 36 147 365

6.00 AM **Rachmaninov: Rhapsody/Two Pigeons**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **Cleo Laine: The Unseen Home Movies**
3.00 **Sky Arts Book Club**
4.00 **Discovering**
5.00 **Watercolour Challenge**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu in Wonderland** A concert in the Netherlands.
10.30 **André Rieu: Romantic Paradise** A performance in Cortona, Tuscany.
12.20 AM **Peter Grimes**
3.00 **Classic Literature & Cinema** Myths.
4.00 **Cheltenham Literature Festival** Lemn Sissay.
5.00 **to 6.00** AM **The Art of Architecture: Great Museums of the World**

Sky Mix

151 135 11 144

7.00 AM **Border Security: Canada's Front Line**
8.00 **Nothing to Declare**
9.00 **Monkey Life**
10.00 **UK Border Force**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 22/26. (S1)
5.00 **Star Trek: Enterprise**
6.00 **Star Trek: Deep Space Nine** 20/26. (S2)
7.00 **Star Trek: Voyager** (S5)
8.00 **Hawaii Five-0** (S2)
9.00 **Rob & Romesh vs Team GB: Part 2**
10.00 **A League of Their Own**
11.00 **Killer in My Village**
12.00 M'T **Caught on Dashcam**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.20 AM **Be Beautiful**
7.35 **The Real Housewives of Cheshire** Reality series.
8.35 **Making It Home**
9.35 **Buying and Selling**
10.35 **The Real Housewives of Cheshire** Reality series.
11.35 **The Real Housewives of New Jersey** Reality show.
12.30 PM **Real Housewives of Atlanta** Reality series.
1.20 **The Only Way Is Essex**
2.05 **Dinner Date**
3.05 **Million Dollar Listing**
4.05 **The Real Housewives of New Jersey** Reality show.
5.00 **The Real Housewives of Potomac** Reality show.
6.00 **Making It Home**
7.00 **Million Dollar Listing**
8.00 **Dinner Date**
9.00 **Emergency Nurses: A&E Stories**
10.00 **Love Island USA** New edition
11.15 **The Only Way Is Essex**
12.00 M'T **to 1.00** AM **Loaded in Paradise**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Hart to Hart** (S2)
9.00 **Diagnosis Murder**
11.00 **Castle** 7/24. (S5)
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 3/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 4–7/26. (S7)
9.00 **The New Avengers** *Target:* 6/13. The trio investigate a series of deaths involving fellow secret agents. (S1)
10.00 **The Avengers** *The Winged Avenger:* 6/24. Several businessmen are strangely killed by birds of prey. (S5) **11.00** *Wish You Were Here:* 20/33. Tara goes on a holiday from which she may not return. (S6)
12.00 M'T **M*A*S*H** (S7)
2.00 AM **The Avengers**
4.00 **Castle** 19/23. (S6)
4.50 **to 5.00** AM **GREAT! Movie News Extra**

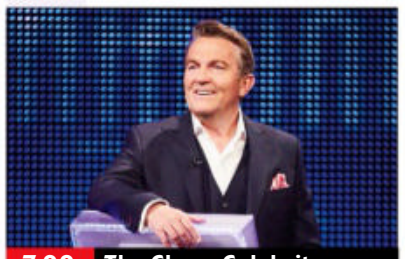
+1 hour 257 62

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.05 **The Professionals**
8.10 **Robin of Sherwood**
9.15 **The Champions**
10.20 **Kojak**
11.25 **BattleBots**
12.30 PM **Robin of Sherwood**
1.35 **The Champions**
2.40 **Kojak**
3.50 **Minder**
4.55 **The Professionals**
6.00 **BattleBots** Four bots remain in the quest, but only one will fight the legend for a cash prize.


7.00 The Chase Celebrity...

7.00 **The Chase Celebrity Special** Guests Chizzy Akudolu, Andrew Pierce, Sonja McLaughlan and Jack Carroll take part.
8.00 **King of the Roads** Action from the Race of Legends, the youngest Irish road racing event.
9.00 **King of the Roads** Highlights of the Armoy Road Races and the Race of Legends from Northern Ireland.
10.05 FILM **Rambo III** Action adventure sequel starring Sylvester Stallone as the warrior on a rescue mission in Russian-occupied Afghanistan. (1987, 18, 101 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.10 AM **Motorsport UK**
1.05 **Auto Mundial**
1.30 **Motorsport Mundial**
1.55 **From Dusk Till Dawn**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Merlin** 11/13. (S1)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 11/20. (S1)
2.00 **Merlin** 11/13. (S1)
3.00 **Stargate SG-1** 13/22. (S2)
4.00 **Star Trek: Enterprise** (S2)
5.00 **Star Trek: Voyager** 1/26. Part two of two. Janeway tries to free the Borg drones. (S7)
6.00 **Merlin** 11/13. A curse descends on Camelot after Arthur kills a unicorn. (S1)

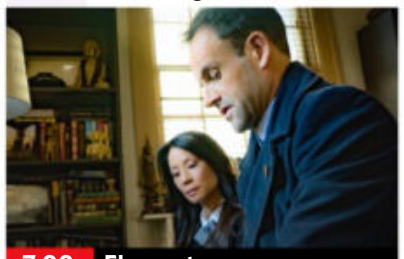
9.00 Alien Apocalypse

7.00 **Star Trek: Deep Space Nine** *The Nagus:* 11/20. Bartender Quark is marked for death. (S1)
8.00 **Stargate SG-1** *Spirits:* 13/22. Plans to mine a planet populated by Coast Salish Indians are foiled by mysterious spirits. (S2)
9.00 FILM **Alien Apocalypse** Sci-fi adventure starring Bruce Campbell and Renee O'Connor. Two astronauts return from their mission to space to find Earth has been taken over by aliens. (2005, 15, 88min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 **Reginald the Vampire** 9/10. The weight of the vampire world rests on Reginald's shoulders. **12.00** M'T 10/10. Reginald will do anything for love. (S2)
1.00 AM **Britannia** 4&5/8. Double bill of episodes. (S3)
3.00 **Merlin** As shown at 6.00pm.
4.00 **to 6.00** AM **Most Haunted**

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries**
9.00 **The Doctor Blake Mysteries**
10.00 **Elementary** 23/24. (S3)
11.00 **Hudson & Rex** 8/16. (S2)
12.00 NOON **Father Brown**
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries**
4.00 **Shakespeare & Hathaway: Private Investigators** (S2)
5.00 **Father Brown** As 1.00am.
6.00 **Hudson & Rex** 8/16. Charlie and Rex follow the route of a killer after a tech engineer is found dead in her company's self-driving car. (S2)


7.00 Elementary

7.00 **Elementary** *A Study with Charlotte:* 13/24. A botany professor and his students are killed by poisonous mushrooms. (S4)
8.00 **Death in Paradise** *Chain Reaction:* 4/9. Neville tries to solve the mysterious death of a nurse from his hospital bed. (S10)
9.00 **Father Brown** *The Grim Reaper:* A death on a farm is blamed on a local doctor through a series of poison pen letters.
10.00 **Pretty Hard Cases** *Guns:* 6/10. A cooler full of guns puts Sam and Kelly on the trail of 77 more black market firearms. (S1)
11.00 **Elementary** As 7pm.
12.00 M'T **Hudson & Rex** As 6pm.
1.00 AM **Father Brown** *The Demise of the Debutante:* A killer strikes at a finishing school for young ladies.
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

GOLD

110/111 810 124 344 359

7.05 AM **Highlights**
9.20 **Ever Decreasing Circles**
10.00 **Hi-de-Hi!**
10.40 **Still Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **Ever Decreasing Circles**
2.00 **Still Open All Hours**
2.40 **Hancock's Half Hour in Colour**
3.20 **Hi-de-Hi!**
4.00 **Last of the Summer Wine**
5.20 **Still Open All Hours**
6.00 **Keeping Up Appearances**
6.35 **Dad's Army: Lost Episodes**

9.20 Harry Enfield and Chums

7.20 **Dad's Army: The Lost Episodes** The platoon believe someone has been signalling to enemy aircraft.
8.00 **dinnerladies** First episode. Norman the breadman fails to deliver.
8.40 **Ghosts** The harmony at the house is broken when a photograph goes viral.
9.20 **Harry Enfield and Chums** With the Camp Jockeys, the Scousers and Kevin the Teenager.
10.00 **Bottom** Richie and Eddie look forward to celebrating Christmas.
10.40 **The Royle Family** Denise and Dave bring baby David to visit.
11.15 **dinnerladies** As 8.00pm.
11.55 **Harry Enfield and Chums**
1.05 AM **Bottom** As 10.00pm.
1.45 **The Royle Family**
2.20 **Sandylands**
3.30 **to 4.00** AM **The Fosters**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Whose Line Is It Anyway? USA** Double bill.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Rick Stein's Mediterranean Escapes** A visit to Morocco.
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Robson's Extreme Fishing Challenge** The actor visits Michigan's Great Lakes.
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Mediterranean Escapes** A visit to Morocco.
6.00 **Rick Stein's Cornwall**

7.00 Would I Lie to You?

7.00 **Would I Lie to You?** With guests Aisling Bea, June Brown, Adrian Chiles and Seann Walsh.
7.40 **Richard Osman's House of Games** With Stephen Bailey and Amanda Lamb. **8.20** Guests include Sally Phillips and Rickie Haywood-Williams.
9.00 **QI XL** Guests Jo Brand, David Mitchell and Phill Jupitus join regular panellist Alan Davies and host Stephen Fry.
10.00 **QI XL** Sandi Toksvig talks through 'T' topics with Jo Brand, Guz Khan, Sally Phillips and Alan Davies.
11.00 **Taskmaster** The comedians herd some dogs and chickens.
12.00 M'T **Mock the Week** With Glenn Moore and Ahir Shah.
12.40 AM **Would I Lie to You?**
1.20 **Room 101** With Geri Horner.
2.00 **to 4.00** AM **Whose Line Is It Anyway? USA**

+1 hour 211/212 327 57

7 PM **8 PM** **9 PM** **10 PM**

4seven

137/138 143 49 127

9.00 AM **Ramsay's Kitchen Nightmares USA**
10.00 **Car S.O.S**
10.55 **Paris 2024 Paralympics**
11.00 **A Place in the Sun**
12.00 NOON **The Great House Giveaway**
1.00 PM **Frasier** (S9)
1.55 **Paris 2024 Paralympics**
2.00 **Frasier** 3/24. (S9)
2.30 **A New Life in the Sun: Where Are They Now?**
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Britain's Most Beautiful Road**
8.00 **The Secret World of Crisps** Documentary.
9.00 **George Clarke's Amazing Spaces**
10.00 **8 Out of 10 Cats Does Countdown**
11.05 FILM **Hitman** Thriller. (2007, 15, 100min) ★★★
12.55 AM **Gogglebox**
2.00 **Emergency**
3.00 **Night Coppers**
4.00 **to 5.00** AM **24 Hours in A&E**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 23/24. (S3)
9.55 **Entertainment News**
10.00 **NCIS** (S3&4)
12.00 NOON **Law & Order: Criminal Intent** (S2)
3.00 PM **Law & Order**
4.55 **Entertainment News**
5.00 **Law & Order** (S21)
6.00 **NCIS** *Friends & Lovers:* 15/24. A sailor's body is discovered in a disused restaurant. **7.00** *Dead Man Walking:* 16/24. A nuclear power plant inspector suffers radiation poisoning. **8.00** *Skeletons:* 17/24. An explosion occurs at a mausoleum. (S4)
9.00 **NCIS: Hawai'i** New episode *Rescuers:* 7/22. A navy petty officer is murdered. (S1)
10.00 **Law & Order: Special Victims Unit** (S13&14)
2.00 AM **The Blacklist** (S2)
3.50 **to 4.00** AM **Entertainment News**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Happy Campers: The Caravan Park**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red**
10.00 **999: Critical Condition**
11.00 **Sleeping with My Murderer** A daughter finds her mother dead.
12.00 M'T **Cold Case Killers**
1.00 AM **Skin A&E**
2.00 **Casualty 24/7: Every Second Counts**
2.50 **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Outback Truckers**
10.00 **Traffic Cops**
11.00 **Police Interceptors**
12.00 NOON FILM **Sierra** Western adventure. (1950, PG, 83min) ★★
1.45 PM FILM **They Who Dare** War drama. (1953, U, 107min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Crime series.
8.00 **Police Interceptors**
9.00 FILM **Total Recall** Sci-fi thriller. (1990, 15, 109min) ★★★
11.20 FILM **Double Impact** Action drama. (1991, 18, 105min) ★★
1.30 AM **World's Deadliest Weather: Caught on Camera** Tropical storm.
2.30 **Trucking Hell**
3.25 **Car Pound Cops**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **Property Brothers: Family Flashback**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
12.00 NOON **DIY SOS: Children in Need Special** In south Wales.
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Tipping Point: Lucky Stars** Double bill.
7.00 NEW SERIES **MasterChef Australia** The heat is on to impress guest judge Jamie Oliver.
8.40 **Amanda & Alan's Italian Job** The duo work on the bathrooms.
9.20 **Sort Your Life Out with Stacey Solomon**
10.40 **The Gentle Art of Swedish Death Cleaning**
11.40 **Ambulance Australia**
12.40 AM **Bang on Budget**
1.45 **to 3.00** AM **16 Kids and Counting**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Born and Bred**
4.10 **Howards' Way**
5.25 **Birds of a Feather**
6.05 **Desmond's**
6.40 **Are You Being Served?**
7.20 **Last of the Summer Wine** Vintage comedy.
8.00 **The Brokenwood Mysteries** *Spark to a Flame:* 3/6. A woman's search for some peace and quiet is dashed by her disagreeable neighbour. (S8)
10.00 **New Tricks** *Good Work Rewarded:* The team look into a golfer's death.
11.20 **Silent Witness**
1.35 AM **Footballers' Wives**
2.40 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

MONDAY Entertainment

Really
142 128 17 160

6.00 AM **Celebrity Fantasy Homes** With Boyzone star Shane Lynch.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **A Place in the Sun**
12.00 NOON **Money for Nothing** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Antiques Road Trip** Double bill.
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **The Derbyshire Auction House** New edition Irita Marriott unearths rare military medals while helping sisters clear their childhood home.
10.00 **The Repair Shop** The team restore a soft toy owl and a wall clock.
11.00 **Help! My House Is Haunted** Double bill.
1.00 AM **The Dead Files**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 146

7.00 AM **The Chase** Triple bill.
10.00 **Weakest Link**
11.00 **Celebrity Catchphrase**
12.00 NOON **Cash Trapped**
1.00 PM **All Star Family Fortunes** Triple bill.
3.00 **Catchphrase**
4.00 **Blockbusters**
5.00 **Bullseye** Four editions of the darts-based quiz.
7.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz hosted by Chris Tarrant.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Weakest Link**
1.00 AM **Cash Trapped**
2.00 **The Chase** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.00 AM **Coast Guard Alaska**
9.00 FILM **The Walking Hills** Western. (1949, PG) ★★
10.45 **The Blitz on Cologne**
12.00 NOON **Wild West Chronicles** Double bill.
1.00 PM FILM **Ride in the Whirlwind** Western. (1966, PG, 83min) ★★
2.50 FILM **The Warrant** Drama. (2020, 12) ★★
4.45 FILM **Revolution** Drama. (1985, PG, 123min) ★
7.05 FILM **Ape vs Monster** Fantasy adventure. (2021, 12, 88min) ★★
9.00 FILM **Son of a Gun** Crime drama. (2013, 15, 108min) ★★★
11.20 FILM **Seraphim Falls** Western. (2006, 15, 111 min) ★★★★
1.40 AM FILM **NYC: Tornado Terror** Disaster movie. (2008, PG, 90min) ★★
3.30 **War Machines**
4.30 **to 5.00** AM **Wild West Chronicles**

+1 hour 324

GREAT! movies
321 425 34

9.00 AM FILM **Erasing His Past** (2019, PG) ★★
10.55 FILM **Gone: Finding My Daughter** Thriller. (2018, PG, 90min) ★★
1.00 PM FILM **In Bed with a Killer** (2019, PG) ★★
3.00 FILM **Solar Attack** Sci-fi disaster movie. (2005, PG, 90min) ★★
5.00 FILM **Polar Storm** Sci-fi. (2009, PG) ★★
7.05 FILM **Garage Sale Mystery: The Wedding Dress** Crime drama. (2015, PG, 83min) ★★
9.00 FILM **Insomnia** Psychological thriller with Al Pacino. (2002, 15, 113min) ★★★★
11.30 FILM **Exposed** Thriller. (2016, 15, 100min) ★★
1.55 AM FILM **A Sister's Obsession** Thriller. (2019, 15, 89min) ★★
4.00 **to 6.00** AM FILM **Eve of Abduction** Thriller. (2018, 12, 90min) ★★

+1 hour 322

GREAT! romance
319 424 52

8.00 AM FILM **Wedding of Dreams** (2018, PG) ★★
10.00 FILM **Bridal Wave** Drama. (2015, PG) ★★
12.00 NOON FILM **Same Time Next Week** Drama. (2016, PG, 90min) ★★
2.00 PM FILM **Valentine's Again** Romantic fantasy. (2017, PG, 70min) ★★
4.00 FILM **Wedding Wonderland** Drama. (2017, PG, 92min) ★★
6.00 FILM **Love Off the Page** Romantic drama. (2022, PG, 87min) ★★
8.00 FILM **A Summer to Remember** Comedy. (2018, 90min) ★★
9.50 FILM **Charm of Love** Drama. (2020, PG) ★★
12.00 M'T **Highway to Heaven**
1.00 AM FILM **The Wedding Arrangement** Drama. (2022, PG, 90min) ★★
3.10 **to 5.00** AM FILM **Calling for Love** Comedy drama. (2020, PG, 90min) ★★

+1 hour 320 63

GREAT! real
189 61

9.00 AM **Thief Trackers**
9.30 **Police Ten 7**
12.00 NOON **Air Rescue**
1.00 PM **Airline USA**
2.00 **Paddington Station 24/7** Documentary.
3.00 **Island Medics**
4.00 **Air Rescue** Double bill.
5.00 **Coast Guard Alaska**
6.00 **Coast Guard Pacific Northwest**
7.00 **Paddington Station 24/7** Excitement builds as the Duke and Duchess of Sussex board a train to Cardiff.
8.00 **Island Medics**
9.00 **Air Rescue** Double bill.
10.00 **Code 1: Extreme**
11.00 **Paddington Station 24/7** As 7.00pm.
12.00 M'T **Coast Guard Pacific Northwest**
1.00 AM **Coast Guard Alaska**
2.00 **Police Ten 7**
4.00 **Cops Uncut**
5.00 **to 5.50** AM **Airline USA**

+1 hour 289

DMAX
159 169 39 150

6.00 AM **Alaska: Last Frontier**
7.00 **Building Off the Grid**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
11.00 **Building Off the Grid**
12.00 NOON **Homestead Rescue: Raney Ranch**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers**
4.00 **Garage Rehab**
5.00 **Kindig Customs**
6.00 **Deadliest Catch**
7.00 **Alaska: Last Frontier**
8.00 **Gem Hunters Down Under** Documentary.
9.00 **Greatest Events of World War Two**
10.00 **Wings of War**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** From Ecuador.
1.00 AM **Yukon Men**
2.00 **Teleshopping**
4.00 **Building Alaska**
5.00 **to 6.00** AM **Maine Cabin Masters**

+1 hour 259 369 151

Food Network
140/141 190 43 148

6.00 AM **Barefoot Contessa**
7.00 **The Pioneer Woman**
8.00 **More Sunday Lunch**
9.00 **James Martin's...**
10.00 **Classic Mary Berry**
11.00 **Hairy Bikers' Meals on Wheels**
12.00 NOON **Great British...**
2.00 PM **James Martin's Favourite Feasts**
3.00 **Michel Roux's French...**
4.00 **The Pioneer Woman**
5.00 **Girl Meets Farm**
6.00 **Great British Bake Off**
8.00 **Michel Roux's French Country Cooking**
9.00 **Marcus in the Med: Mallorca** New edition
9.30 **Marcus' Kitchen Garden**
10.00 **Next Baking Master: Paris** New edition
11.00 **Diners, Drive-Ins...**
12.00 M'T **Grocery Games**
1.00 AM **Restaurant: Impossible**
2.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 149

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 14/26. (S5)
9.00 **Airwolf** 16/24. (S4)
10.00 **Mission: Impossible**
11.00 FILM **Fire Serpent** Sci-fi horror. (2007, 15) ★★
1.00 PM FILM **Gold** Adventure. (1974, 12, 124min) ★★
3.25 FILM **Ride in the Whirlwind** Western. (1966, PG, 83min) ★★
5.00 **Star Trek** 18/26. (S2)
6.00 **Mission: Impossible**
7.00 **Airwolf** 17/24. (S4)
8.00 **Walker, Texas Ranger**
9.00 FILM **Nowhere to Run** Thriller starring Jean-Claude Van Damme. (1993, 15, 95min) ★★
10.55 FILM **Deadly Force** Crime thriller. (1983, 18, 95min) ★
12.50 AM FILM **A Good Woman Is Hard to Find** Crime thriller. (2019, 18, 97min) ★★★★
2.45 **to 4.45** AM FILM **St. Agatha** Horror. (2018, 15, 103min) ★★

Legend Xtra
317 171 69 138

6.00 AM FILM **Ape vs Monster** As 5.00pm.
8.00 FILM **Apocalypse of Ice** Fantasy. (2020, PG) ★★
10.00 **Farscape** 20/22. (S4)
11.00 FILM **The Curse of the Werewolf** Horror. (1961, 12, 92min) ★★★
1.00 PM FILM **Termination Point** Time-travel thriller. (2007, 15, 89min) ★★
3.00 **Farscape** 20/22. (S4)
4.00 **The Prisoner** 2/17. (S1)
5.00 FILM **Ape vs Monster** Adventure. (2021, 12) ★★
7.00 **Farscape** 21/22. (S4)
8.00 **The Prisoner** 3/17. (S1)
9.00 FILM **The Midnight Man** Horror starring Gabrielle Haugh. (2016, 15, 95min) ★★
10.55 FILM **The Lawnmower Man 2: Beyond Cyberspace** Thriller sequel. (1995, 12) ★
1.00 **to 3.00** AM FILM **The Midnight Man** Horror. (2016, 15, 95min) ★★

+1 hour 318 371 139

Blaze
164 174 64 162

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.25 **Container Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Files: Unsealed**
11.10 **The Proof Is Out There**
12.10 PM **Weird or What?**
1.05 **Monsterquest**
2.05 **Pawn Stars**
3.05 **Storage Wars: Texas**
3.35 **Container Wars**
4.00 **Ancient Aliens**
6.00 **Alien Files: Unsealed**
7.00 **Pawn Stars**
8.00 **Dickinson's Real Deal**
9.00 **Lost Relic Hunters**
10.00 **Cities of the Underworld**
11.00 **History's Greatest Myths**
12.00 M'T **Hitler's Sex Life**
1.00 AM **Alien Files: Unsealed**
2.00 **The Proof Is Out There**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT
153 138 46 133

9.00 AM **Entertainment News**
9.05 **The Yorkshire Vet**
3.00 PM **Murder, She Wrote**
4.00 **Columbo**
5.50 **Entertainment News**
6.00 **Ben Fogle: New Lives in the Wild** Double bill.
8.00 **Reuben: Life in the Dales** The friends set sail for France on Reuben's first holiday abroad.
9.00 **Sunken Warships: Secrets from the Deep** New edition The German warship *Bismarck*.
10.00 **Buried Secrets of WWII** Surviving evidence of the attack on Pearl Harbor, both on land and under the sea.
11.00 **Nazi Megastructures**
12.00 M'T **Forged in Fire**
1.50 AM **Forged in Fire Armed Forces Tournament**
2.45 **Forged in Fire**
3.30 **The Yorkshire Vet**
3.55 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 166

7.00 AM **Building Alaska**
8.00 **Help! I Wrecked My House** Renovations.
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **A Place in the Sun**
12.00 NOON **My Lottery...**
1.00 PM **Bargain Mansions**
2.00 **Flip or Flop Fort Worth**
3.00 **Good Bones**
4.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 NEW SERIES **Fixer Upper: The Lakehouse** Reviving a 1960s estate.
9.30 **Fixer Upper: The Hotel**
10.00 **Celebrity IOU** New edition With Derek and Julianne Hough.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop Fort Worth** New editions Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes... UK**
10.00 **Dr Pimple Popper**
11.00 **The Family Chantel**
12.00 NOON **Unexpected: Teenage & Pregnant**
1.00 PM **Dr Pimple Popper**
2.00 **Sister Wives**
3.00 **7 Little Johnstons**
4.00 **Little People, Big World**
5.00 **The Family Chantel**
6.00 **Dr Pimple Popper**
7.00 **7 Little Johnstons**
8.00 **Outdaughtered: Busby Quints** New edition
9.00 **The Family Chantel** New edition
10.00 **Bride & Prejudice: The Forbidden Weddings**
11.30 **Body Bizarre**
12.30 AM **Extreme Couponing**
2.00 **Bride & Prejudice...**
3.30 **Outdaughtered...**
4.30 **7 Little Johnstons**
5.30 **to 6.00** AM **Extreme Couponing**

+1 hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Home Improvement**
9.00 **Friends** 19-22/24. (S2)
11.00 **New Girl** 19-22/23. (S3)
1.00 PM **Friends** 3-16/24. (S2)
8.00 **Most Ridiculous** New editions Clips demonstrating how not to impress a date. **8.30** Including sailing slip-ups and bowling fails.
9.00 **Lee Evans: Live in Scotland** Stand-up gig.
10.30 **Jimmy Carr: Making People Laugh** Stand-up comedy performance.
11.30 **Jessica Fostekew: Silence of the Nans**
12.30 AM **Henning Wehn: It'll All Come Out in the Wash** Stand-up comedy.
1.30 **Jack Dee Live at the Apollo** Stand-up show.
2.30 **Al Murray Live: Barrel of Fun** Stand-up.
3.20 **Out of Order**
4.05 **Beavis and Butt-Head**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Becker** 15-18/22. (S1)
11.00 **Guessable?**
12.00 NOON **Most Ridiculous**
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers: Dinner Party**
3.00 **Daria** 2&3/13. (S2)
4.00 **Becker** 17&18. (S1)
5.00 **Home Improvement**
6.00 **Last Man Standing**
7.00 **New Girl** 19-22/23. (S3)
9.00 **Friends** 1/24. Rachel struggles to deal with Ross's new relationship. **9.30** 2/24. Phoebe manages to unwittingly disgust everyone. (S2)
10.00 **Friends** (S2)
1.00 AM **Ren & Stimpy Show**
2.00 **South Park** (S21&22)
3.00 **Mike Judge's Beavis and Butt-Head**
3.45 **Fugget About It**
4.30 **Reno 911!** 2&3/16. (S5)
5.15 **to 6.00** AM **Criminally Funny**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **999 Frontline**
12.00 NOON **Air Ambulance ER** Documentary.
1.00 PM **Stop, Search, Seize**
2.00 **Most Haunted**
4.00 **DC's Legends of Tomorrow** (S4)
6.00 **Primeval** 2/7. A strange sulphurous mist spreads through a skyscraper. **7.00** 3/7. The team's anomaly detector fails on its first outing. (S2)
8.00 **Air Ambulance ER**
9.00 **Wolfe** 1&2/6. (S1)
11.00 **The Rookie** (S6)
12.00 M'T **The Cleaning Lady**
1.00 AM **The Russell Howard Hour**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

6.00 AM **MTV Cribs**
6.25 **Teen Mom 2**
7.10 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Dallas Cowboys Cheerleaders** With many dreams on the line, things come to a grinding halt as Kelli gets some bad news.
8.00 **MTV Cribs: Ultimate Party Pads** AJ Odudu finds the best pads to throw a house party.
9.00 **True Life Crime UK** Linda Adey investigates Georgina Gharsallah's disappearance.
10.00 **Ink Master** New edition The coaches design for a special human canvas.
11.00 **Awkward** Double bill.
12.00 M'T **Ridiculousness**
1.00 AM **Ink Master**
2.45 **Geordie Shore**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
7.00 **How Do They Do It?**
8.00 **Blowing Up History**
9.00 **How the Universe Works**
10.00 **Iron Resurrection**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Double bill.
3.00 **Mystery at Blind Frog Ranch**
4.00 **Edge of Alaska** Following the residents of McCarthy, Alaska.
5.00 **Salvage Hunters** Drew visits Woodlands Castle, Somerset.
6.00 **Iron Resurrection** A customer returns with a Chevy truck.

9.00 Shorty's Dream Shop

7.00 **Jeremy Wade's Dark Waters** The adventurer finds out what is wiping out many of the fish in Australia's Fitzroy River.
8.00 **Wheeler Dealers** Mike and Ant welcome a 1968 International Harvester Travelall to the workshop.
9.00 **Shorty's Dream Shop** New edition A fan of the film *Training Day* wants his 1978 Monte Carlo built in the same vein.
10.00 **Last Chance Garage** New edition Tony travels to Nashville, Tennessee, to find out why a 2021 Jeep 6x6 is not running.
11.00 **Outback Truckers** To avoid blocked roads, Steve Grahame takes some deserted back roads in the Northern Territory.
12.00 M'T **Mysteries of the Missing**
1.00 AM **Shorty's Dream Shop**
2.00 **Last Chance Garage**
3.00 **Gold Rush**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/178 178

8.00 AM **Animal Cribs**
9.00 **Crikey! It's the Irwins**
10.00 **Bad Dog!**
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Crikey! It's the Irwins**
2.00 **Animal Cribs**
3.00 **Crikey! It's the Irwins**
4.00 **Dogs 101** The best family pets.
5.00 **Alaska: Homestead Rescue** Marty saves a log cabin from crumbling to the ground.
6.00 **Animal Cribs** A family's two Nigerian dwarf goats wreak havoc in their backyard.

6.00 Animal Cribs

7.00 **Crikey! It's the Irwins** Terri prepares the zoo's baby rhino for a vaccine, while Robert tries to save two black swans.
8.00 **Lair of the Killer Crocs** Following attempts to relocate dangerous crocodiles in Australia.
9.00 **Monster Croc Invasion** Investigation into human deaths caused by crocodiles in Costa Rica.
10.00 **Alaskan Bush People** Ami's health concerns force the Browns to relocate, and Noah is left to look after the home.
11.00 **Coyote Peterson: Brave the Wild** Examining the family of lizards known as dragons. **11.30** Seeking a giant python.
12.00 M'T **Tanked** Two aquariums.
1.00 AM **Alaskan Bush People**
2.00 **Dogs 101** The best family pets.
3.00 **Alaska: Homestead Rescue**
4.00 **to 5.00** AM **Animal Cribs**

+1 hour 262/278 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Europe from Above**
12.00 NOON **Car S.O.S**
1.00 PM **Air Crash Investigation**
2.00 **Apocalypse: The Rise of Hitler** Double bill of editions.
4.00 **Drain the Oceans** The hunt for a legendary ghost ship.
5.00 **Car S.O.S** Tim Shaw and Fuzz Townshend restore a 1997 Peugeot 106 Rallye.
6.00 **Nazi Megastructures** The story behind the Atlantic Wall.

9.00 Air Crash Investigation...

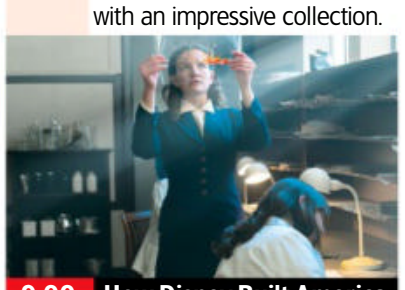
7.00 **Air Crash Investigation** Exploring the accident involving Arrow Air Flight 1285, a crash that killed 248 American soldiers.
8.00 **Construction Fails** Series finale Spectacular mishaps and how disaster could have been averted.
9.00 **Air Crash Investigation: Special Report** New edition Investigations into some of the world's most infamous crashes.
10.00 **Air Crash Investigation** Investigating the case of a flight that completely disappeared from radar while headed for Angola.
11.00 **Air Crash Investigation** A plane crash in San Francisco.
12.00 M'T **Banged Up Abroad**
1.00 AM **Wicked Tuna**
2.00 **Money Meltdown**
2.30 **Lords of War**
3.20 **Food Factory**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
7.00 **Auction Kings**
8.00 **Rust Valley Restorers**
10.00 **Pawn Stars**
12.00 NOON **Counting Cars** An update on rock star Alice Cooper's 1963 Avanti. **1.00** PM A 1964 Corvette.
2.00 **Battle 360** The *USS Enterprise*. **3.00** CGI reconstruction of the Battle of Midway.
4.00 **Pawn Stars** Four editions.
6.00 **American Pickers** Danielle and Robbie meet a fiddler with an impressive collection.



9.00 How Disney Built America

7.00 **Forged in Fire** The remaining bladesmiths must forge a signature blade from a steel cage and a pile of barbed wire.
8.00 **Container Wars** A container from south of the border arrives in LA. **8.30** A container is dredged up from the sea.
9.00 **How Disney Built America** New edition How Walt Disney created his first full-length film. ■ Entire series on Box Sets
10.00 **Greatest Prison Escapes with Billy Hayes** New edition An escape from a prison using a hijacked helicopter.
11.00 **Great Escapes with Morgan Freeman** The actor tells the story of one of the largest escapes in British history.
12.00 M'T **Pawn Stars** Four editions.
2.00 AM **History's Greatest Mysteries** Alexander the Great.
3.00 **Container Wars**
4.00 **to 6.00** AM **Counting Cars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Inside the Factory**
8.00 **Abandoned Engineering**
10.00 **World War Two from Above**
11.00 **Nazi Hunters**
12.00 NOON **Find It, Fix It, Flog It**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **WW2: Frontlines** Examining the Battle of Midway.
5.00 **Nazi Hunters** Attempts to capture Joachim Peiper.
6.00 **Antiques Roadshow** Dover Castle stages an edition aired to mark 80 years since the start of World War Two.

9.00 A Very British Murder

7.00 **Find It, Fix It, Flog It** While visiting Wiltshire, Simon decides to restore a 1970s caravan while Henry opts for a boat.
8.00 **Abandoned Engineering** Exploring Haludovo Palace Hotel in Croatia, and Wolf's Lair, a German military complex.
9.00 **A Very British Murder with Lucy Worsley** The historian examines Britain's enduring fascination with murder.
10.00 **Bangers & Cash** Paul hits the road to collect an old navy ambulance that has recently served its time as a holiday camper.
11.00 **Abandoned Engineering** Exploring a luxury resort that conceals a top-secret facility, and a mysterious complex in Bali struck by disaster.
12.00 M'T **Great American Railroad Journeys** Double bill.
1.00 **to 3.00** AM **A Year on the Yorkshire Steam Railway**

+1 hour 255 329 74

Monday

7 PM
8 PM
9 PM
10 PM

Quest

144 834 137 12 172 167

6.00 AM **Fantomworks**
8.00 **American Pickers**
10.00 **The Repair Shop**
12.00 NOON **How Do They Do It?** Four editions.
2.00 PM **Find It, Fix It, Drive It** Pick-up trucks.
3.00 **Find It, Fix It, Flog It**
5.00 **Wheeler Dealers**
7.00 **Salvage Hunters: Classic Cars**
8.00 **Salvage Hunters: The Restorers**
9.00 **Outback Opal Hunters** New edition Mark's inexperience with the dozer proves too much for Paul.
10.00 **Outback Crystal Hunters** Documentary.
11.00 **British Superbikes** A review of round seven.
12.00 M'T **The Repair Shop**
1.00 AM **Wheeler Dealers**
3.00 **How Do They Do It?**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress: Atlanta** Double bill.
8.00 **Say Yes to the Dress**
10.00 **Say Yes... Lancashire**
11.00 **Betrayed**
12.00 NOON **Forensic Detectives**
1.00 PM **FBI Files**
2.00 **American Monster**
4.00 **Murder on CCTV**
5.00 **Disappeared**
7.00 **Judge Rinder's Crime Stories** Real-life cases.
8.00 **Murder on CCTV**
10.00 **American Detective with Lt Joe Kenda**
11.00 **On the Case with Paula Zahn** New edition Investigators try to solve a 1987 murder case.
12.00 M'T **Nightmare Next Door** Pasinetta Prince.
1.00 AM **Betrayed**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **48 Hours** After three murders with similar scenarios occurred in Texas, police began to wonder if they were chasing a serial killer.
8.00 **Evidence of Evil** A young boy stumbles upon a nightmare scene in his next-door neighbour's house.
9.00 **Nightmare Next Door** Karin Strom is found strangled to death in her North Salt Lake home.
10.00 **Bloodline Detectives** DNA science names the Phoenix Canal Killer.
11.00 **Fatal Vows** Double bill.
1.00 AM **Nightmare Next Door** As 9.00pm.
2.00 **Bloodline Detectives**
3.00 **Medical Detectives**
4.00 **48 Hours** As 7.00pm.
4.50 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **New Scotland Yard Files** Gagandip Singh.
10.00 **A Stranger in My Home**
11.00 **Medical Detectives**
2.00 PM **New Scotland Yard Files** Kenneth Erskine.
3.00 **A Stranger in My Home**
4.00 **Medical Detectives** An Illinois mother and her children are found murdered in their beds. **4.30** Investigators study a family whose son, a vegetarian, is the only member who isn't sick. **5.00** A woman's body is found under a bridge. **5.30** A boy who ate a burger containing E-coli. **6.00** Three Indiana construction workers are found executed. **6.30** The capture of a multiple rapist and killer.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Stop, Search, Seize**
8.00 **999 Frontline**
9.00 **The Force: Manchester**
10.00 **Brit Cops**
11.00 **Killer in My Village**
12.00 NOON **The Beverley Allitt Tapes**
1.00 PM **Murders That Shocked the Nation**
2.00 **The Killer Within**
3.00 **World's Most Evil Killers**
4.00 **Catching the Killer**
5.00 **What the Killer Did Next** Documentary.
6.00 **Killer in My Village**
7.00 **Catching the Killer**
8.00 **Britain's Most Evil Killers**
9.00 **Murder Next Door**
10.00 **New York Homicide**
11.00 **How I Caught the Killer**
12.00 M'T **Made for Murder**
1.00 AM **Most Evil Killers**
2.00 **How I Caught the Killer** New edition
3.00 **Love You to Death**
4.00 **to 6.00** AM **Highlights**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Grand Tours of...**
8.40 **Vikings: The Rise and...**
9.40 **Britain's Great...**
10.35 **Ambassadors in Berlin...**
11.50 **The US and the...**
1.00 PM **Grand Tours of...**
1.40 **Vikings: The Rise and...**
2.40 **Britain's Great...**
3.40 **Ambassadors in Berlin...**
4.50 **The US and the...**
6.00 **Vikings: The Rise and Fall** Documentary.
7.00 **Britain's Great Cathedrals with Tony Robinson** Durham.
8.00 **NEW Ambassadors in Berlin: The Whistleblowers of WWII** The diplomatic whistleblowers who tried to point out the dangers of Nazis in 1933.
9.15 **The US and the Holocaust** Documentary.
10.20 **Britain's Great...**
11.25 **Grand Tours of Scotland**
12.00 M'T **Ambassadors in...**
1.10 **to 2.00** AM **Grand Tours of Scotland**

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | EE HD

MONDAY

Monday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Story of Late Night**
7.00 **Discovering: Forest Whitaker**
8.00 **The Directors**
8.55 **The Civil War**
10.00 **The Great Rhino Robbery**
11.00 **Murder in Boston: Roots, Rampage and Reckoning**
12.00 NOON **Music Box**
2.00 PM **MoviePass, MovieCrash**
3.50 **My Icon: Moeen Ali**
4.00 **The Directors**
5.00 **Discovering: Forest Whitaker**
5.55 **The Civil War**
7.00 **The Great Rhino Robbery**
8.00 **Murder in Boston: Roots, Rampage and Reckoning**
9.00 **Elizabeth Taylor: The Lost Tapes** A profile of the actress.
11.00 FILM **Gascoigne** Documentary about Paul Gascoigne. (2015, 15, 86min) ★★★
12.50 AM FILM **Undefeated** Oscar-winning documentary. (2011, 12, 113min) ★★★★★
3.00 **The Unbreakable Tatiana Suarez** Documentary.
4.30 **PL Legends: David Ginola**
5.00 **to 6.00** AM **Discovering: Forest Whitaker**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 **Monkey Life**
8.00 **City Wildlife Rescue**
9.00 **Animal Empires**
10.00 **Evolution Earth**
11.00 **Orangutan Jungle School**
12.00 NOON **Dawn to Dusk**
1.00 PM **Monkey Life**
2.00 **City Wildlife Rescue**
3.00 **Animal Empires**
4.00 **Orangutan Jungle School**
5.00 **Beasts of the Big Blue**
6.00 **Dawn to Dusk**
7.00 **Monkey Life** Double bill.
8.00 **Extreme Africa** Wildlife along South Africa's Orange River.
9.00 **Wild Israel** Billions of birds migrate from their winter home to their summer home and back again.
10.00 **Dawn to Dusk**
11.00 **Beasts of the Big Blue**
12.00 M'T **New Kids in the Wild**
1.00 AM **Wild Canary Islands**
2.00 **Extreme Africa** As 8.00pm.
3.00 **Wild Israel** As 9.00pm.
4.00 **City Wildlife Rescue**
5.00 **to 6.00** AM **Animal Empires**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Ships**
9.00 **Secrets in the Ice**
10.00 **Mysteries from Above**
11.00 **Ancient Aliens**
3.00 PM **Decoding the Past**
4.00 **Egypt's Unexplained Files**
5.00 **Secrets in the Ice**
6.00 **Dirty Old Cars**
7.00 **Combat Ships**
8.00 **History of Weapons** The connection between the development of military devices and the aftermath of their usage.
9.00 **Hitler's Secret Sex Life** The truth behind the rumours of Hitler's sex life, including whispers of homosexuality, voyeurism and sadomasochism.
10.00 **Ancient Aliens** How stone spheres could provide clues about humankind's past. **11.00** Exploring legends about the 'gods' in Japan.
12.00 M'T **Ancient Aliens**
2.00 AM **Dirty Old Cars**
3.00 **Warriors**
4.00 **Egypt's Unexplained Files**
5.00 **to 6.00** AM **Decoding the Past**

Crime+Investigation

156 837 133

6.00 AM **On the Case**
7.00 **Homicide Hunter**
9.00 **What the Killer Did Next**
10.00 **Imperfect Murder**
11.00 **Motive to Murder**
12.00 NOON **Green Eyed Killers**
1.00 PM **Sin City Murders**
2.00 **Accident, Suicide or Murder?**
3.00 **Murder in the 21st**
4.00 **Murdertown**
5.00 **Interrogation Raw**
6.00 **Cold Case Files**
7.00 **The First 48**
8.00 **Imperfect Murder**
9.00 **Crimes That Shook Britain** Focusing on the murder of Lee Rigby in May 2013.
10.00 **Prison Brides** New edition Joseph's financial struggles lead him into serious trouble.
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **What the Killer Did Next**
2.00 **Prison Brides**
3.00 **Accident, Suicide or Murder?**
4.00 **Green Eyed Killers**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Bizarre Animal Friends**
10.00 **Tiger Queen of Taru**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **When Sharks Attack 360**
3.00 **Monster Fish of the Congo**
4.00 **Secrets of the Zoo**
5.00 **Wicked Tuna**
6.00 **Snakes in the City**
7.00 **Yukon Vet** Michelle leads a herd of bison to their new home.
8.00 **Cesar Millan: Better Human Better Dog** New edition Cesar helps an overexcited pit bull.
9.00 **Predator In Paradise** Focusing on predatory animals that live on beaches.
10.00 **Africa's Deadly Kingdoms** The wildlife of Africa's grasslands.
11.00 **When Sharks Attack**
12.00 M'T **Alaska: The Next Generation** Documentary.
1.00 AM **Monster Fish**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Expedition Unknown**
7.00 **NASA's Unexplained Files**
8.00 **Blowing Up History**
9.00 **Combat Dealers**
10.00 **Salvage Hunters**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **Combat Dealers**
1.00 PM **How It's Made**
2.00 **NASA's Unexplained Files**
3.00 **Salvage Hunters**
4.00 **Codes and Conspiracies**
5.00 **Greatest Events of World War II** The Battle of the Bulge.
6.00 **Combat Dealers**
7.00 **Expedition Unknown**
8.00 **America: Facts vs Fiction**
9.00 **Combat Dealers: Reloaded**
10.00 **Salvage Hunters**
11.00 **Find It, Fix It, Flog It**
12.00 M'T **Greatest Events of World War II** The Allies' bombing of the German city of Dresden.
1.00 AM **How It's Made**
2.00 **Salvage Hunters**
3.00 **America: Facts vs Fiction**
4.00 **to 5.00** AM **Find It, Fix It, Flog It**

+1 hour 277 381

Eden

166 176

9.00 AM **Expedition with Steve Backshall** Four editions.
1.00 PM **China's 10 Deadliest Snakes with Nigel Marven**
2.00 **Wild Colombia with Nigel Marven** As shown at 8.00pm.
3.00 **Expedition with Steve Backshall** Four editions.
7.00 **China's 10 Deadliest Snakes with Nigel Marven** The ornithologist examines the country's snakes.
8.00 **Wild Colombia with Nigel Marven** A search for anacondas in the Amazon forest.
9.00 **Expedition with Steve Backshall** Triple bill.
12.00 M'T **Anthony Bourdain: Parts Unknown** From Puerto Rico.
1.00 AM **China's 10 Deadliest Snakes with Nigel Marven**
2.00 **Wild Colombia with Nigel Marven** As shown at 8.00pm.
3.00 **Expedition with Steve Backshall** Triple bill.
5.20 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

6.00 AM **Crime Scene Confidential**
7.00 **Teleshopping**
8.00 **The Perfect Murder**
9.00 **Deadly Secrets**
11.00 **Broken Trust**
1.00 PM **The Murder Tapes**
3.00 **Murder in the Heartland**
5.00 **A Killer's Mistake**
6.00 **Forbidden: Dying for Love**
7.00 **Where Murder Lies**
8.00 **Crime Scene Confidential** When family man Brian Hughes falls dead in his living room, it looks like a robbery gone wrong. The evidence soon suggests a plot hatched from inside his home.
9.00 **American Monster** The father of Barbara Pacheco's children becomes increasingly violent.
10.00 **On the Case with Paula Zahn**
11.00 **People Magazine Investigates**
12.00 M'T **Britain's Deadliest Kids**
2.00 AM **Crime Scene Confidential**
3.00 **A Killer's Mistake**
4.00 **Forbidden: Dying for Love**
5.00 **to 6.00** AM **Where Murder Lies**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Vintage Voltage**
7.00 **Wheeler Dealers**
8.00 **Goblin Works Garage**
9.00 **Head 2 Head**
10.00 **Fifth Gear**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Shed and Buried**
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Fantomworks**
4.00 **Extreme RVs**
5.00 **Salvage Hunters: Classic Cars**
6.00 **Shed and Buried**
7.00 **Wheeler Dealers**
8.00 **Extreme RVs** Powerhouse Coaches build one of the greenest RVs on the planet.
9.00 **Million Dollar Wheels** RD sends a message to all the LA supercar dealers.
10.00 **Shed and Buried**
11.00 **Wheeler Dealers**
12.00 M'T **Extreme RVs**
1.00 AM **Texas Metal**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Twin Turbos**

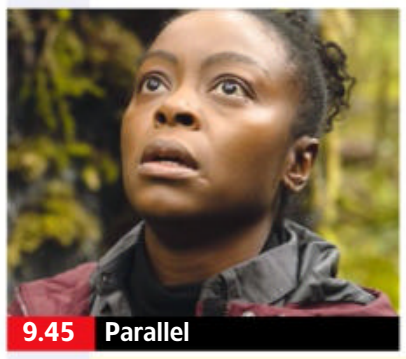
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **What Happens Later** Comedy. (2023, 15) ★★★
7.50 **The Inventor** As 2.45pm.
9.35 **Under the Boardwalk** (2023)
11.05 **Trolls Band Together** (2023)
12.45 PM **Mean Girls** Musical comedy. (2023, 12, 112min) ★★★
2.45 **The Inventor** Animation. (2023, PG, 100min) ★★★
4.30 **Under the Boardwalk** Animation. (2023, PG) ★★★
6.00 **Uproar** Comedy drama. (2023, 12, 110min) ★★★



9.45 Parallel

8.00 **Night Swim** Horror starring Wyatt Russell and Kerry Condon. A woman swimming in her pool at night is terrorised by an evil spirit. With Amélie Hoeferle and Jodi Long. (2024, 15, 98min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Parallel** Fantasy thriller starring Danielle Deadwyler. Grief-stricken after the loss of her child, a woman meets a version of herself from a parallel universe. With Aldis Hodge and Edwin Hodge. (2024, 15, 88min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Concrete Utopia** South Korean drama starring Lee Byung-hun. Subtitled. (2023, 15, 130min) ★★★★
1.35 AM **Jericho Ridge** Thriller. (2023, 15, 87min) ★★★
3.10 **Night Swim** As 8.00pm.
4.55 **to 6.35** AM **Trolls Band Together** Animated musical. (2023, U, 91 min) ★★★

Sky Cinema Blockbusters

303 403 503 517

7.00 AM **Spider-Man: Into the Spider-Verse** As 6.00pm.
9.10 **Don't Worry Darling** Thriller. (2022, 15, 123min) ★★★
11.20 **Mad Max: Fury Road** (2015)
1.30 PM **Ocean's Thirteen** Thriller sequel starring George Clooney. (2007, PG, 122min) ★★★
3.40 **The Holiday** Romantic comedy. (2006, 12, 135min) ★★★
6.00 **Spider-Man: Into the Spider-Verse** Animation. (2018, PG, 117min) ★★★★★

3.40 The Holiday

8.00 **Mission: Impossible – Dead Reckoning Part One** Action thriller starring Tom Cruise. The IMF team race to acquire two halves of an interlocking key that can regain control of a lethal artificial intelligence. With Hayley Atwell and Simon Pegg. (2023, 12, 163min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Mad Max: Fury Road** Sci-fi thriller starring Tom Hardy, Charlize Theron and Nicholas Hoult. (2015, 15, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **The Holiday** As 3.40pm.
3.15 **Ocean's Eight** Crime caper starring Sandra Bullock. (2018, 12, 110min) ★★★★
5.10 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 410 510 524

7.35 AM **Fences** As 2.25am.
9.55 **Jackie** Biopic starring Natalie Portman and Greta Gerwig. (2016, 15, 100min) ★★★★
11.40 **The Blind Side** As 8.00pm.
1.55 PM **Ferrari** As 10.10pm.
4.10 **Gran Torino** As 12.25pm.
6.10 **A Street Cat Named Bob** Comedy drama starring Luke Treadaway and Ruta Gedmintas. (2016, 12, 103min) ★★★

8.00 **The Blind Side** Fact-based drama starring Oscar-winning Sandra Bullock. A wealthy white southerner adopts a homeless black teenager and spurs him on to sporting success. With Tim McGraw and Quinton Aaron. (2009, 12, 129min) ★★★
10.10 **Ferrari** Director Michael Mann's drama starring Adam Driver. During the summer of 1957, ex-racecar driver Enzo Ferrari embarks on an epic race across Italy. (2023, 15, 130min) ★★★

12.25 AM **Gran Torino** Drama directed by and starring Clint Eastwood. (2008, 15, 116min) ★★★★
2.25 **Fences** Drama starring Denzel Washington and Viola Davis. (2016, 12, 139min) ★★★★
4.50 **to 6.15** AM **A Love Song** Drama. (2022, PG, 81 min) ★★★

Sky Cinema Sci-fi

311 411 511 525

6.45 AM **Biosphere** As 12.00m't.
8.45 **Blade Runner** Futuristic thriller. (1982, 15, 130min) ★★★★★
10.55 **The Accursed** Horror thriller. (2022, 15, 90min) ★★
12.50 PM **Ghostbusters** Fantasy comedy. (2016, 12, 113min) ★★★
3.00 **The Lawnmower Man** Sci-fi thriller. (1992, 15, 105min) ★★★
5.30 **The Matrix** Sci-fi action thriller. (1999, 15, 136min) ★★★★

8.00 **The Matrix Reloaded** Sci-fi action thriller sequel starring Keanu Reeves. With only 36 hours to go before a machine army overwhelm the underground city of Zion, hope rests on the messiah-like Neo to save humanity from the Matrix. (2003, 15, 137min) ★★★★
10.20 **Monolith** Thriller starring Lily Sullivan. While trying to salvage her career, a disgraced journalist begins investigating a conspiracy theory. (2022, 15, 90min) ★★★

12.00 M'T **Biosphere** Comedy drama. (2022, 15, 106min) ★★★
1.50 AM **Next Exit** Sci-fi comedy. (2022, 15, 106min) ★★★
3.40 **Simulant** Sci-fi thriller. (2023, 15, 95min) ★★★
5.20 **to 7.15** AM **Midnight Special** Adventure. (2015, 12) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.25 AM **Sky Cinema Preview**
8.00 **Breaking Point** As 11.35pm.
9.55 **Annie** Musical remake. (2014, PG, 115min) ★★★
12.05 PM **Small Soldiers** Fantasy. (1998, PG, 99min) ★★★★
2.05 **Goosebumps** Fantasy. (2015, PG, 103min) ★★★
4.00 **Ghostbusters II** Supernatural action comedy sequel. (1989, PG, 99min) ★★★
6.00 **Pan** Fantasy prequel to *Peter Pan*. (2015, PG, 111min) ★★★

6.00 Pan

8.00 **Swallows and Amazons** Drama starring Rafe Spall and Kelly Macdonald. Two rival bands of children compete for ownership of an island, but must work together when a bigger challenge arises. (2016, PG, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Ghost Squad** Fantasy adventure starring Will Spencer. Three boys are dared to spend the night in a spooky house, and discover the ghost stories about the place are true. (2015, PG, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Breaking Point** Drama. (2023, 12, 102min) ★★★
1.35 AM **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
3.35 **The Next Karate Kid** Martial arts adventure sequel. (1994, PG, 104min) ★★
5.30 **to 7.30** AM **The Horse Dancer** Family drama. (2017, PG, 114min) ★★★

Sky Cinema Action

307 407 507 521

6.20 AM **King of Killers** Action thriller. (2023, 15, 92min) ★
8.00 **Jackie Chan's Police Story 2**
10.15 **65** Adventure starring Adam Driver. (2023, 12, 93min) ★★
12.00 NOON **Paradise City** Thriller. (2022, 15, 94min) ★★
1.45 PM **Justice League** Adventure. (2017, 12, 120min) ★★
3.55 **Need for Speed** Adventure. (2014, 12, 132min) ★★★
6.20 **Hancock** Action comedy. (2008, 12, 92min) ★★★

10.20 Gladiator

8.00 **Shazam! Fury of the Gods** Superhero action adventure sequel starring Zachary Levi. When vengeful gods arrive on Earth in search of stolen magic, Shazam and his allies get thrust into a battle for survival. With Helen Mirren. (2023, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

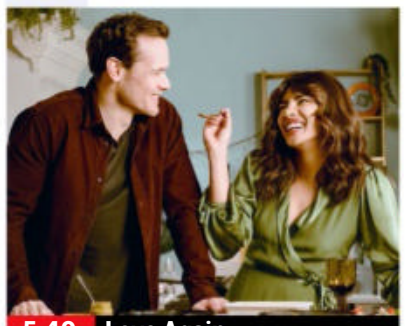
10.20 **Gladiator** Director Ridley Scott's historical epic starring Russell Crowe and Joaquin Phoenix. A betrayed Roman general becomes a gladiator, intent on avenging his murdered family. With Connie Nielsen. (2000, 15, 154min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.05 AM **Need for Speed** (2014)
3.20 **Jackie Chan's Police Story 2** Action comedy thriller sequel. (1988, 15, 91min) ★★★
5.25 **to 7.10** AM **Paradise City**

Sky Cinema Comedy

308 408 508 522

7.40 AM **Love Again** As 5.40pm.
9.35 **Nutty Professor II: The Klumps** As 1.15am.
11.35 **The Cinema List: Sleuths**
11.55 **Coming to America** Comedy. (1988, 15, 116min) ★★★
2.05 PM **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
3.45 **Heaven Can Wait** Fantasy. (1978, PG, 100min) ★★★★
5.40 **Love Again** Romantic comedy. (2023, 12, 100min) ★★★
7.40 **The Cinema List: The 90s**


5.40 Love Again

8.00 **Galaxy Quest** Sci-fi comedy with Tim Allen. The stars of a sci-fi series are whisked off into space to fight a real intergalactic battle by an alien race that has mistaken their show for fact. (1999, PG, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

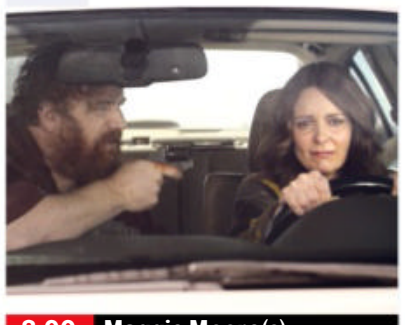
9.50 **My Big Fat Greek Wedding 2** Romantic comedy sequel starring Nia Vardalos, John Corbett and Michael Constantine. (2016, 12, 94min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Clerks** Writer/director Kevin Smith's cult comedy. (1994, b/w, 18, 92min) ★★★★
1.15 AM **Nutty Professor II: The Klumps** Comedy sequel. (2000, 12, 105min) ★★★
3.10 **The Big Chill** Comedy drama. (1983, 15, 115min) ★★★★
5.05 **The Cinema List: Sleuths**
5.25 **to 7.30** AM **Boomerang** Romantic comedy starring Eddie Murphy and Robin Givens. (1992, 15, 117min) ★★

Sky Cinema Thriller

309 409 509 523

7.55 AM **One Shot** As 12.05am.
9.40 **Hanna** Action thriller. (2011, 12, 106min) ★★★★
11.40 **Blacklight** Action thriller. (2022, 15, 104min) ★
1.35 PM **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
3.25 **Now You See Me 2** Thriller sequel starring Jesse Eisenberg. (2016, 12, 124min) ★★★
5.45 **State of Play** Political thriller starring Russell Crowe. (2009, 12, 127min) ★★★★


8.00 Maggie Moore(s)

8.00 **Maggie Moore(s)** Comedy thriller starring Jon Hamm. A police chief investigates the murders of two women with the same name and unravels a web of small-town lies. (2023, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

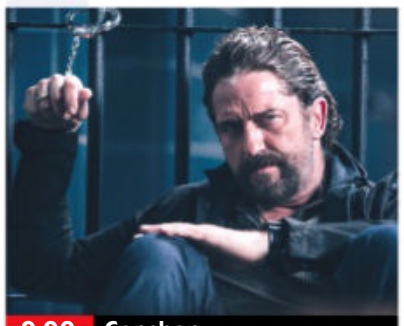
9.45 **Vanilla Sky** Romantic fantasy drama, a remake of the Spanish film *Open Your Eyes*, starring Tom Cruise and Penélope Cruz. A wealthy young man's charmed life takes a bizarre turn after he meets the girl of his dreams. (2001, 15, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **One Shot** Action thriller. (2021, 15, 96min) ★★
1.50 **The Young Master** Hong Kong martial arts comedy. (1980, 15, 102min) ★★★★
3.40 **Unhinged** Psychological thriller. (2020, 15, 90min) ★★★
5.20 **to 7.15** AM **Antebellum** Horror. (2019, 15, 105min) ★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Tad the Lost Explorer and the Secret of King Midas** Animation. (2017, U) ★★★
12.40 PM **Little Monsters** Offbeat children's horror movie. (1989, PG, 101min) ★★
2.30 **Roman Holiday** Comedy. (1953, b/w, U) ★★★★★
4.50 **We Bought a Zoo** Comedy drama. (2011, PG, 118min) ★★★
7.10 **Made in Italy** Comedy drama. (2020, 15, 94min) ★★★


9.00 Copshop

Made in Italy (film started at 7.10pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Copshop** Thriller starring Gerard Butler and Frank Grillo. On the run from an assassin, a wily con artist devises a scheme to hide out inside a small-town police station. (2021, 15, 107min) ★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11.10 **Nuns on the Run** Comedy starring Eric Idle and Robbie Coltrane as bank-robbers on the run who hide in a convent and pretend to be nuns. (1990, 15, 89min) ★★★ **11 PM**
1.00 **to 3.15** AM **Can You Ever Forgive Me?** Comedy starring Oscar nominees Melissa McCarthy and Richard E Grant. (2018, 15, 106min) ★★★★

+1 hour 314 430 47 301

Sky Cinema Adventure

302 402 502 516

7.55 AM **Transformers: Rise of the Beasts** Fantasy prequel. (2022, 12, 127min) ★★★
10.05 **Hulk** Sci-fi action fantasy. (2003, 12, 138min) ★★★
12.25 PM **Ready Player One** Steven Spielberg's sci-fi adventure. (2018, 12, 140min) ★★★★
2.50 **War of the Worlds** Steven Spielberg's sci-fi thriller. (2005, 12, 116min) ★★★★

4.55 **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
7.00 **The Hangover** Dark comedy starring Bradley Cooper. Three friends try to find the missing groom after a riotous bachelor party in Las Vegas. (2009, 15, 99min) ★★★★
8.50 **The Hangover Part II** Dark comedy sequel starring Bradley Cooper. (2011, 15, 101min) ★★
10.40 **The Hangover Part III** Dark comedy sequel starring Bradley Cooper. (2013, 15, 100min) ★★

12.25 AM **Ocean's Eight** Crime caper starring Sandra Bullock. (2018, 12, 110min) ★★★★
2.20 **Annie** Musical starring Albert Finney. (1982, U, 128min) ★★★
4.30 **to 6.40** AM **Ride On** Chinese action drama starring Jackie Chan. (2023, PG, 126min) ★★★

Sky Cinema Greats

304 404 504 518

6.20 AM **The Big Chill** As 2.00pm.
8.20 **The King's Speech** As 4.00pm.
10.20 **The NeverEnding Story** (1984)
12.10 PM **Sixteen Candles** John Hughes' teen comedy. (1984, 12, 89min) ★★★
2.00 **The Big Chill** Comedy drama. (1983, 15, 115min) ★★★★
4.00 **The King's Speech** Oscar-winning royal drama. (2010, 12, 118min) ★★★★★

6.10 **Bridget Jones's Diary** Romantic comedy with Renée Zellweger, Colin Firth and Hugh Grant. (2001, 15, 96min) ★★★★
8.00 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy as a brash Detroit police detective investigating a friend's murder in Beverly Hills. (1984, 15, 105min) ★★★★
10.00 **The Big Lebowski** Offbeat comedy thriller starring Jeff Bridges and John Goodman. (1998, 18, 117min) ★★★★★

12.10 AM **Drop Dead Fred** Comedy starring Rik Mayall and Phoebe Cates. (1991, 12, 99min) ★★
2.05 **The NeverEnding Story** Fantasy. (1984, U, 94min) ★★★
3.50 **Sixteen Candles** As 12.10pm.
5.35 **to 6.00** AM **The Cinema List: The 90s**

Sky Cinema Animation

305 412 500 514

6.50 AM **Vic the Viking** Animation. (2019, U, 77min) ★★
8.20 **Lego Batman: The Movie: DC Super Heroes Unite** As 2am.
9.40 **Dr Seuss' The Lorax** As 7.25pm.
11.10 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
12.55 PM **Monster Family** Animated comedy. (2017, PG, 96min) ★★
2.35 **Rugrats Go Wild** Animated comedy. (2003, U, 81min) ★★★

4.00 **Kung Fu Panda 3** Animated comedy sequel with the voices of Jack Black and Bryan Cranston. (2016, PG, 95min) ★★★★
5.45 **Home** Animated adventure. (2014, U, 94min) ★★★
7.25 **Dr Seuss' The Lorax** Animated comedy. (2012, U, 86min) ★★★
9.00 **Monster Family 2** Animated sequel. (2021, U, 90min) ★
10.50 **Spirit: Stallion of the Cimarron** Animated adventure. (2002, U, 84min) ★★★
12.20 AM **Home** As 5.45pm.

2.00 **Lego Batman: The Movie – DC Super Heroes Unite** Animation. (2013, PG) ★★★
3.20 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★★
4.45 **to 6.20** AM **Mia and Me: Hero of Centopia** (2022, U) ★★★

Movies 24

312 419

7.00 AM **North to Home** Drama. (2022, PG, 84min) ★★
9.00 **Romantic Rewrite** Romantic comedy. (2022, PG, 82min) ★★
11.00 **Campfire Romance** Romantic comedy. (2022, PG, 90min) ★★
1.00 PM **Love's Sweet Recipe** Drama. (2021, PG, 85min) ★★
3.00 **Girlfriendship** Romantic comedy starring Tamera Mowry-Housley. (2022, PG, 84min) ★★

5.00 **Destination Love** Romantic comedy. (2021, PG, 90min) ★★
7.00 **Just One Kiss** Romantic comedy with Krysta Rodriguez. (2022, PG, 85min) ★★
9.00 **Luckless in Love** Romantic comedy starring Paniz Zade. A blogger's career takes off after a piece about a bad date, forcing her to keep seeing the man for her career's sake. (2023, PG, 86min) ★★
11.00 **Stepping into Love** Romantic drama. (2023, PG, 82min) ★★

1.00 AM **Flowers and Honey** Drama starring Ashley Newbrough. (2021, PG, 90min) ★★
3.00 **to 5.00** AM **For the Love of Chocolate** Romantic comedy. (2021, PG, 85min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Stagecoach West** (S1)
7.00 **Down Among the Z Men** Comedy. (1952, U, 71min) ★★★
8.20 **The Night We Dropped a Clanger** Farcical comedy. (1959, b/w, PG, 86min) ★★
10.05 **Blind Spot** Crime drama. (1958, b/w, U, 70min) ★★★
11.35 **The Outer Limits** 1/17. (S2)
12.40 PM **The Gallant Hours** Biopic. (1960, b/w, U, 115min) ★★★

3.00 **The Saint** 9/23. (S3)
4.05 **Steering Clear**
4.30 **Five Days** Crime drama. (1954, b/w, PG, 75min) ★★★
6.00 **For the Love of Ada** 6/6. (S1)
6.30 **Out of Town**
7.00 **The Footage Detectives**
8.00 **Enemy at the Door** 2/13. (S2)
9.05 **Cash on Demand** Crime thriller starring Peter Cushing. (1961, b/w, PG, 84min) ★★★
10.45 **Time Without Pity** Thriller starring Michael Redgrave. (1957, b/w, PG, 88min) ★★

12.25 AM **Kill Me Tomorrow** Thriller. (1957, b/w, U, 80min) ★★
2.00 **Maigret** 3/4. (S11)
3.50 **Look at Life**
4.00 **Justice** 13/13. (S3)
5.00 **The Lloyd Bridges Show**
5.30 **to 6.00** AM **Dangerous Assignment**

Monday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **The Football Show**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
2.30 LIVE **The Hundred Birmingham Phoenix v Trent Rockets.** Coverage of the women's match staged at Edgbaston. Start-time **3.00pm**.
6.00 LIVE **The Hundred Birmingham Phoenix v Trent Rockets.** Coverage of the men's match which takes place at Edgbaston. Start-time **6.30pm**.
7.30 LIVE **EFL Luton Town v Burnley.** The Championship match between two teams that were relegated last season, held at Kenilworth Road. Kick-off **8.00pm**.
11.00 LIVE **WTA Tennis** Coverage of the final of the Canadian Open, a hard-court tournament held at Sobeys Stadium in Toronto.
1.00 AM LIVE **ATP Tennis** Coverage of the final of the Canadian Open, a hard-court tournament held at IGA Stadium in Montreal.
2.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Stories**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Years** A look at memorable moments from the 2003/04 season.
3.00 **PL Retro** Portsmouth v Southampton from 2005.
5.00 **Premier League Best Goals** A selection of memorable strikes from the 2004/05 season.
6.00 **PL 100: Petr Cech** The former Chelsea goalkeeper's career.
6.30 **PL 100: Jimmy Floyd Hasselbaink** A look at the striker's top-flight goals.
7.00 **Premier League Preview**
7.30 **Premier League Stories**
8.00 **Premier League Years**
10.00 **Class of '92: Full Time** Nicky Butt succeeds Gary Neville in the role of CEO at Salford City.
11.00 **Premier League Years**
1.00 AM **PL Retro** Bournemouth v Liverpool from December 2016.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup Highlights**
8.45 **EFL Greatest Games**
9.00 **Scottish Premiership Round-Up**
9.15 **SPFL Highlights** Premiership.
9.30 **EFL Highlights** League Two.
10.00 **Championship Season Review**
11.00 **EFL Cup Highlights**
11.30 **EFL** Championship Goals 2017/18.
12.00 NOON **SPFL** Hibernian v Celtic.
2.00 PM **EFL Highlights** Championship.
3.00 **Scottish Premiership Round-Up**
3.15 **SPFL Highlights** Premiership.
3.30 **EFL Highlights** Championship.
5.30 **Scottish Premiership Round-Up**
5.45 **SPFL Highlights** Premiership.
6.00 **EFL Highlights** Championship.
7.00 **Scottish Premiership Round-Up**
7.15 **SPFL Highlights** Hibernian v Celtic in the Premiership.
7.30 LIVE **EFL Luton Town v Burnley.** Coverage of the Championship match staged at Kenilworth Road. Kick-off **8.00pm**.
11.00 **Mission to Burnley**
12.00 M'T **EFL Cup Final 17**
1.00 AM **Championship Retro**
3.00 **EFL Cup Retro** The 2014 final.
4.00 **Henrik Larsson: 20 Years On**
5.00 **There's Only One Sauzee**
5.30 **to 6.00** AM **Dundee United – Champions 83**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **The Hundred** A replay of Oval Invincibles v London Spirit in the women's tournament. **9.30** Another chance to see Oval Invincibles v London Spirit in the men's tournament.
1.00 PM **The Hundred Bitesize** Action from recent matches.
2.30 LIVE **The Hundred Birmingham Phoenix v Trent Rockets.** Coverage of the match in the women's tournament at Edgbaston. Start-time **3.00pm**.
6.00 LIVE **The Hundred Birmingham Phoenix Men v Trent Rockets.** Coverage of the match in the men's tournament at Edgbaston. Start-time **6.30pm**.
9.30 **The Hundred Bitesize** Birmingham Phoenix v Trent Rockets in the men's tournament. **9.45** A chance to see highlights of Birmingham Phoenix v Trent Rockets in the women's tournament.
10.00 **The Hundred** A replay of Birmingham Phoenix v Trent Rockets in the women's tournament. **1.30** AM A replay of Birmingham Phoenix v Trent Rockets in the men's tournament.
5.00 **to 6.00** AM **Hundred Bitesize**

Sky Sports Golf

405 515 505 423 443

6.00 AM **PGA Tour Golf** As 1.00pm.
11.00 **Golf Academy** Tips and advice.
1.00 PM **PGA Tour Golf** Another chance to see the final round of the Wyndham Championship.
6.00 **Golf Academy** Tips and advice.
7.00 **PGA Tour Golf** Action from the Wyndham Championship.
8.00 **England Golf: Get into Golf**
8.30 **Living Our Best Life**
9.00 **PGA Tour Golf** As 7.00pm.
10.00 **Suzann Pettersen: Her Final Putt** A look at the career of the former ladies' world number one.
10.45 **Solheim Cup Team Talk**
11.00 **PGA Tour Golf** As 7.00pm.
12.00 M'T **England Golf: Get into Golf**
12.30 AM **Living Our Best Life**
1.00 **PGA Tour Golf** As 7.00pm.
2.00 **Golf Academy**
3.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **Tennis** Hobart International. **7.00** The Indian Wells Open. **8.00** The WTA Canadian Open. **11.30** The Miami Open.
12.00 NOON **Tennis** Action from day six of the ATP Canadian Open.
3.30 PM **Tennis** Italian Open review. **4.00** The Stuttgart Open. **5.00** The Washington Open.
6.00 **Adam Hills: Foot Fault**
7.15 **Bitesize Tennis** Stuttgart Open.
7.30 **Tennis** Highlights from day six of the WTA Canadian Open.
11.00 LIVE **WTA Tennis** Coverage of the final of the Canadian Open from Sobeys Stadium in Toronto.
1.00 AM LIVE **ATP Tennis** Coverage of the final of the Canadian Open from IGA Stadium in Montreal.
2.30 **US Open Classic Matches**
3.15 **Billie Jean King: My Story**
3.30 **to 6.00** AM **Tennis**

TNT Sports 1

410 870 527 408 430

6.00 AM **T20 Cricket Highlights**
10.00 **Test Cricket Highlights**
11.00 **GT20 Cricket** The final.
12.00 NOON **One Day International Cricket** Sri Lanka v India in the first ODI game in the three-match series between the sides. **1.00** PM Sri Lanka v India. **2.00** Sri Lanka v India in the third and final ODI in the series.
3.00 **Test Cricket Highlights** West Indies v South Africa.
4.00 **GT20 Cricket** The final.
5.00 **Between the Lines**
5.30 **Sign Up: Into Football**
5.45 **What I Wore** Gareth Bale.
6.00 **Premier League Stories**
6.30 LIVE **Ultimate Pool** Coverage of Group 9 of the Ultimate Pool Pairs Cup staged at the Players Pool & Snooker Lounge in Newcastle-under-Lyme.
9.30 **Premier League Preview**
10.30 **The Fantasy Show**
11.00 **WWE Raw Highlights**
12.00 M'T **WWE SmackDown Highlights** Wrestling action.
1.00 AM LIVE **WWE Monday Night Raw** Wrestling coverage.
4.15 **Ariel Helwani Meets**
5.00 **to 6.00** AM **Between the Lines**

TNT Sports 2

411 871 528 409 431

6.00 AM **The Football Archives: UEFA Champions League**
8.00 **AFL** Another chance to see Sydney Swans v Collingwood Magpies. **10.00** Another chance to see Brisbane Lions v GWS Giants. **12.00** NOON A replay of North Melbourne v West Coast Eagles.
2.00 PM **What I Wore**
2.15 **The Football Archives: UEFA Champions League**
3.15 **UEFA Europa League Goals Reload** Goals from last season.
6.00 **UEFA Champions League Goals Reload** Last season.
8.00 **MLB Highlights** Recent action.
9.00 **Fishing: On the Bank** Taking a look at the 2016 European Float Fishing Championships.
10.00 **Test Cricket Highlights** West Indies v South Africa.
11.00 **GT20 Cricket** The final.
12.00 M'T **The Football Archives: UEFA Champions League**
1.00 AM **What I Wore** Patrick Vieira.
1.30 **MLB Highlights** Recent action.
2.30 LIVE **MLB San Francisco Giants v Atlanta Braves.** The National League match from Oracle Park. Start-time **2.45am**.
5.45 **to 6.00** AM **MotoGP Rewind**

TNT Sports 3

417 874 529 410 432

6.00 AM **Classic Premier League** Goals from the 2003/04 season. **7.00** The 2004/05 season. **8.00** The 2005/06 season. **9.00** The 2006/07 season. **10.00** The 2007/08 season. **11.00** The 2008/09 season. **12.00** NOON A look at the best goals of the 2009/10 season.
1.00 PM **Premier League Review** Highlights of matches that were played in the 2023/24 season.
6.00 **Premier League Review** Including Luton Town v Arsenal and Sheffield United v Liverpool. **7.00** Including Aston Villa v Arsenal and Everton v Chelsea. **8.00** Including highlights of Chelsea v Sheffield United and Liverpool v Manchester United.
9.00 **Fight Week** A look ahead to UFC 305 at Perth Arena in Australia.
9.45 **Tom Aspinall's Fight Lab** A preview of UFC 305 in Perth.
10.30 **UFC** Another chance to see Marcin Tybura v Serghei Spivac.
1.30 AM **UFC: The Ultimate Fighter**
2.30 **Fight Week** UFC 305 preview.
3.15 **Tom Aspinall's Fight Lab**
4.00 **Fishing: On the Bank**
5.00 **to 6.00** AM **GT20 Cricket**

Sky Sports Action

408 517 507 426 446

6.00 AM **Fight Night International**
8.00 **NFL Highlights** Action from San Francisco 49ers v Dallas Cowboys.
9.00 **Fight Night International** Emanuel Navarrete v Oscar Valdez.
10.00 **NFL Highlights** Action from Carolina Panthers v New Orleans Saints from the 2023/24 season.
11.00 **Fight Night International** Jared Anderson v Charles Martin.
12.00 NOON **NFL Highlights** Las Vegas Raiders v Pittsburgh Steelers from the 2023/24 season.
1.00 PM **Good Morning Football** All the latest NFL news.
3.00 **Top Rank Boxing Archive** Marvin Hagler v John Mugabi.
4.00 **NFL Highlights** Los Angeles Rams v Philadelphia Eagles. **5.00** Highlights of Baltimore Ravens v Kansas City Chiefs.
6.00 **NBC's Pro-Football Talk** With Mike Florio and Chris Simms.
8.00 **Fight Night International** Robeisy Ramirez v Rafael Espinoza.
9.00 **Fight Night** Highlights from Zak Chelli v Callum Simpson.
10.00 **NFL Highlights**
12.00 M'T **The Insiders**
1.00 AM **NBC's Pro-Football Talk**
3.00 **NFL Bitesize Highlights**
5.00 **to 6.00** AM **Fight Night**

Sky Sports Mix

416 873 510 429 449

6.00 AM **PGA Tour Golf**
11.00 **Golf Academy**
1.00 PM **The Hundred Bitesize**
2.30 **Tennis** The Stuttgart Open.
3.30 **WTA All Access Magazine**
4.00 **NFL Highlights** Los Angeles Chargers v Dallas Cowboys. **5.00** Highlights from Dallas Cowboys v Philadelphia Eagles .
6.00 **Golf Academy**
7.00 **Tennis** The ASB Classic.
8.00 **Formula 1** Highlights of the Emilia-Romagna Grand Prix.
9.00 **PGA Tour Golf** The 2024 Wyndham Championship.
10.00 **Tennis** The Washington Open.
12.00 M'T **Formula 1** From Imola, Italy.
1.00 AM **PGA Tour Golf**
2.00 **Golf Academy**
3.00 **NFL Highlights**
4.00 **to 6.00** AM **Top Rank Boxing**

TNT Sports 4

421 876 530 411 434

6.00 AM **MLB Highlights**
7.00 **MotoE Highlights** Six races from the 2024 MotoE season.
10.00 **MLB Highlights** Action from the Major League Baseball season.
11.00 **MLB Classic** Archive action.
1.00 PM **MLB Highlights** Action from the Major League Baseball season.
2.00 **Formula E** Highlights from the Misano E-Prix second race. **3.00** The Monaco E-Prix. **4.00** The Berlin E-Prix first race. **5.00** Berlin E-Prix second race. **6.00** Shanghai E-Prix first race. **7.00** Shanghai E-Prix second race.
8.00 **AFL** Another chance to see Sydney Swans v Collingwood Magpies. **10.00** Another chance to see Brisbane Lions v GWS Giants. **12.00** M'T A replay of North Melbourne v West Coast Eagles.
2.00 AM **Cricket Classics**
4.00 **The Football's On**
5.00 **to 6.00** AM **Down the Clubhouse**

Eurosport 1

413 868 521 412 435

6.00 AM **Olympics: Best of Team GB**
10.00 **Closing Ceremony Highlights**
11.00 LIVE **Cycling: Tour de France Femmes** Coverage of stage one.
3.00 PM **Cycling: San Sebastian Classic** A one-day race in Spain.
5.00 **Olympics: Hall of Fame**
6.00 **Olympics: Best of Team GB**
7.00 **Climbing Show** Magazine show.
7.30 **Teqball Show** Magazine show.
8.00 **Cycling: Tour de France Femmes** Stage one highlights.
9.00 **Cycling: The Breakaway**
9.30 **Olympics: Best of Team GB**
11.30 **Cycling: Tour de France Femmes** Stage one highlights.
12.30 AM **Cycling: Tour de France Femmes: The Breakaway**
1.00 **Ultra Trail: World Tour**
2.00 **Cycling: Tour de France Femmes** Stage one highlights.
3.00 **Cycling: Tour de France Femmes: The Breakaway**
3.30 **Teqball Show** Magazine show.
4.00 **to 6.00** AM **Olympics 2024**

Eurosport 2

414 869 522 413 436

6.00 AM **British Superbikes**
7.00 **Motocross World Championship**
11.00 **Olympics: Best of Team GB**
1.00 PM **Olympics: Diving**
1.30 **Olympic Games Paris 2024: Closing Ceremony Highlights**
2.30 **World Superbikes**
4.30 **British Superbikes**
5.30 **British Superbikes Extra**
6.30 **British Speedway**
7.30 LIVE **British Speedway Belle Vue Aces v King's Lynn Stars.** The Premiership match at the National Speedway Stadium.
10.00 **Cycling: Tour de France Femmes** Stage one highlights.
11.00 **Cycling: The Breakaway**
11.30 **Climbing Show**
12.00 M'T **World Superbikes**
1.00 AM **British Superbikes**
2.00 **Olympics: Best of Team GB**
4.00 **Cycling: Tour de France Femmes** Stage one highlights.
5.00 **Cycling: The Breakaway**
5.30 **to 6.00** AM **Teqball Show**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **The Football Show**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
2.30 LIVE **The Hundred Birmingham Phoenix v Trent Rockets.** The women's match at Edgbaston. Start-time **3.00pm**.
6.00 **Adam Hills: Foot Fault**
7.15 **US Open Tennis Classic Matches**
7.30 LIVE **EFL Luton Town v Burnley.** The Championship match between two teams that were relegated last season, held at Kenilworth Road. Kick-off **8.00pm**.
11.00 **Mission to Burnley**
12.00 M'T **Sky Sports News**
12.30 AM LIVE **ATP Tennis** Coverage of the final of the Canadian Open, a hard-court tournament at IGA Stadium in Montreal, Canada.
2.30 **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
11.00 **Prost on Senna**
11.30 **The F1 Show**
12.30 PM **Formula 1** Another chance to see the Emilia-Romagna Grand Prix qualifying session.
2.30 **Ted's Notebook**
3.00 **Formula 1** Another chance to see the Emilia-Romagna Grand Prix staged at Autodromo Enzo e Dino Ferrari in Imola, Italy.
7.30 **Ted's Notebook**
8.00 **Formula 1** Highlights of the Emilia-Romagna Grand Prix. **9.00** A replay of the Emilia-Romagna Grand Prix in Italy.
11.05 **Ted's Notebook**
11.35 **Luke Littler & Lando Norris**
11.45 **Jenson & The FW22: Extended**
12.00 M'T **Formula 1** From Imola, Italy.
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Tuesday

13 August

Evening Planner

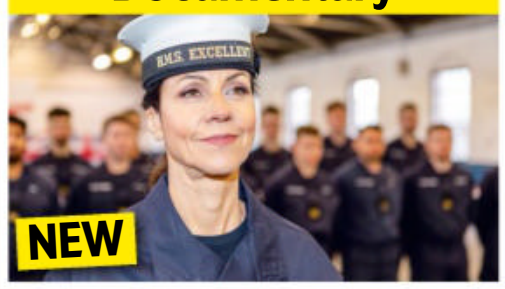
Cookery

Celebrity MasterChef
BBC1, 8pm
Steps singer Ian 'H' Watkins, presenter Craig Doyle, and radio hosts Snoochie Shy and Edith Bowman enter the kitchen.

Reality

Freddie Flintoff's Field of Dreams on Tour
BBC1, 9pm
The former cricketer hopes to take his young cricketers to compete in India.

Documentary



Warship: Life in the Navy
Channel 5, 9pm
Julia Bradbury and JJ Chalmers are in Portsmouth to experience life on board aircraft carrier HMS *Prince of Wales*.

Drama

The Company You Keep
Alibi, 9pm
Owing $15 million to the Maguires, the Nicoletti con artists target an auction attended by some wealthy people.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Celebrity MasterChef		9.00 Freddie Flintoff: Field of Dreams on Tour		10.00 News; Local News	10.40 Pretty...
	102 BBC2	◂ 6.00 The Hundred – Live: Northern Superchargers Men v London Spirit Men (Start-time 6.30)					9.30 Mock the Week	10.00 The Mighty...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Cooking with the Stars		9.00 Vera			
	104 CHANNEL 4	7.00 News		8.00 Worst House on the Street		9.00 Emergency		10.00 First Dates	
	105 CHANNEL 5	7.00 Our Great Yorkshire Life		8.00 The Yorkshire Vet		9.00 Warship: Life in the Royal Navy		10.00 A Killer Makes a Call	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Islands		9.00 Film: Ocean's Twelve			
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 Shark Tank: Dragons' Den US		9.00 Stacey Dooley Sleeps Over	9.45 Zara McDermott: Revenge Porn		10.40 This...
	116 BBC4	7.00 Great British...	7.30 Gareth...	8.00 Keeping Up...	8.30 Butterflies	9.00 The Ruth Ellis Files: A Very British...		10.00 Corridors of Power: Should America...	
	118 ITV2	7.00 Ant & Dec's Limitless Win		8.00 Bob's Burgers		9.00 Family Guy			
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 Country House Auction		10.00 Millionaire Hoarders	
	135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 Below Deck Adventure		9.00 Gogglebox		10.05 Naked Attraction	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 Elsbeth		10.00 FBI: Most Wanted	
	108 SKY ATLANTIC	◂ 6.55 Britannia		7.55 Game of Thrones		9.00 The Staircase			10.15 The Sopranos
	110 GOLD	◂ 6.50 Dad's...	7.25 Dad's Army	8.00 dinnerladies	8.35 Only Fools and Horses				10.35 Harry...
	111 U&DAVE	7.00 Would I Lie to You?...	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	7.00 Heartbeat		8.00 Midsomer Murders				10.00 Cracker	
	120 ITV4	◂ 6.55 The Chase Celebrity Special		8.00 World Superbike Highlights		9.00 Beat the Chasers		10.00 Wrestling: AEW Rampage	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Jack Whitehall Live		10.00 Rhod Gilbert: The Book of John	
	139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld			
	113 SKY MAX	7.00 Stargate SG-1		8.00 A League of Their Own Road Trip...		9.00 Rob & Romesh vs K-Pop		10.00 The Walking Dead: Daryl Dixon	
	109 ALIBI	7.00 Elementary		8.00 Death in Paradise		9.00 The Company You Keep		10.00 So Help Me Todd	
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Arcimboldo, Portrait of an Audacious Man			9.15 Backstage with the London...		10.15 JRR Tolkien: Designer of...
	132 U&W	7.00 MasterChef Australia			8.30 The Gentle Art of Swedish Death...		9.30 DIY SOS: Homes for Veterans		10.30 Nick Knowles...
DOCUMENTARY	125 DISCOVERY	7.00 Jeremy Wade's Dark Waters		8.00 Wheeler Dealers		9.00 Gold Rush: Mine Rescue with Freddy...		10.00 Hoffman Family Gold	
	162 ANIMAL PLANET	7.00 Crikey! It's the Irwins		8.00 From Wags to Riches		9.00 Pit Bulls & Parolees: Tia's Tales		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 The Real Red Tails		9.00 Hitler's Death Squad		10.00 Hitler's Secret Underground Factory	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 What on Earth?		9.00 History's Greatest Mysteries		10.00 Secrets of the Hells Angels	
	155 U&YESTERDAY	7.00 Find It, Fix It, Flog It		8.00 Secrets of the London Underground		9.00 Bangers & Cash		10.00 Bangers & Cash: Restoring Classics	
	121 SKY DOCS	7.00 The Great Rhino Robbery		8.00 Murder in Boston: Roots, Rampage...		9.00 David Holmes: The Boy Who Lived			
FILMS - Sky Cinema	301 PREMIERE	◂ 6.25 Under the Boardwalk		8.00 Parallel			9.45 Night Swim		
	302 ADVENTURE	◂ 6.15 The Hangover Part III		8.00 Batman Begins				10.25 Mad Max: Fury...	
	303 BLOCKBUSTERS	◂ 6.15 The Lego Movie		8.00 Jaws				10.15 Hitch	
	304 GREATS	◂ 6.10 Beverly Hills Cop		8.00 Inception					10.30 Mad Max
	305 ANIMATION		7.10 The Pirates! In an Adventure with Scientists		8.45 Mummies			10.20 Teen Titans Go! & DC...	
	306 FAMILY	◂ 6.20 The Lord of the Rings: The Fellowship of the Ring					9.30 The Next Karate Kid		
	307 ACTION	◂ 6.25 Retribution		8.00 2012					
	308 COMEDY	◂ 6.25 Johnny English		8.00 Being John Malkovich				10.05 Miss Congeniality 2: Armed and...	
	309 THRILLER	◂ 5.20 The Firm		8.00 Miami Vice				10.15 Stowaway	
	310 DRAMA	◂ 6.20 Bridget Jones's Diary		8.00 Bridget Jones's Baby				10.05 The Danish Girl	
	311 SCI-FI	◂ 5.45 The Matrix Revolutions		8.00 Star Trek Beyond				10.10 Edge of Tomorrow	
	313 FILM4	◂ 6.20 Valerian and the City of a Thousand Planets				9.00 Old			
SPORT	401 MAIN EVENT	7.00 EFL Cup Build-Up	7.35 Gillette Labs Soccer Special						10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special							10.30 PL Years
	403 FOOTBALL	7.00 EFL Cup – Live: Sheffield United v Wrexham (Kick-off 8.00)							
	404 CRICKET	◂ 6.00 The Hundred – Live: Northern Superchargers Men v London Spirit Men (Start-time 6.30)					9.30 The Hundred...	10.00 The Hundred	
	410 TNT SPORTS 1	◂ 6.00 Test Cricket Highlights		8.00 Ariel Helwani Meets		9.00 WWE Monday Night Raw			
	411 TNT SPORTS 2	7.00 Wembley Stadium: A Stage...	7.45 MLB Highlights		8.45 Tom Aspinall's Fight Lab		9.30 Fight Week		10.15 UFC: The Ultimate Fighter

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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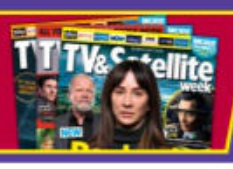


Tuesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition 2/10. Kate Humble joins keeper Kayleigh in Wolf Wood. (S)(AD)
10.15 **Countryfile Treasures** (S)(R)
11.00 **Homes Under the Hammer** New edition Featuring properties in Cambridgeshire, Devon and the West Midlands. (S)(AD)
12.00 NOON **Bargain Hunt** (S)(R)(AD)
1.00 PM **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** (S)(R)(AD)
3.45 **The Repair Shop** A glamorous painting is restored. (S)(R)(AD)
4.30 **The Finish Line** (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

10.40 Pretty Little Liars

7 PM

7.00 **The One Show** Alex Jones and Lauren Laverne present the topical show. (S)
7.30 **EastEnders** Things are tense at the Vic as Johnny and Linda argue, while Cindy offers Peter the manager's job at Beale's Eels. (S)(AD)

8 PM

8.00 NEW SERIES **Celebrity MasterChef** 1/18. Gregg Wallace and John Torode host as Charlotte Crosby, Ian 'H' Watkins, Craig Doyle, Edith Bowman and Snoochie Shy take part. *See feature, page 12.* (S)(AD)
■ Continues on Thursday

9 PM

9.00 NEW SERIES **Freddie Flintoff: Field of Dreams on Tour** 1/4. After transforming a cricket club and the lives of the boys involved in his hometown of Preston, the former England star takes his team on tour in India. *See feature, page 11.* (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW SERIES **Pretty Little Liars: Summer School** *Spookyspaghetti.com:* 1/8. Teen mystery drama spin-off starring Bailee Madison. The group find themselves tormented by an unknown assailant as they start summer school. (S1) (S)(AD)
11.30 **Pretty Little Liars: Summer School** New episode *Summer Lovin:* 2/8. At the advice of Dr Sullivan, the group try to make the most of their summer, and Imogen forges a new identity away from her closest friends. (S1) (S)(AD)
12.20 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.25 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Dom Does America** (R)
8.30 **Sign Zone: Great Coastal Railway Journeys** (S)(R)(AD)
9.00 **BBC News** (S)
1.00 PM **Head Hunters** Quiz show hosted by Rob Beckett. (S)(R)
1.45 **Catchpoint** Sam and Mark take on the stars of *Loose Women*. (S)(R)
2.15 **A Countryside Summer** Marcus Wareing sets a challenge for chefs visiting his kitchen garden. (S)(R)
2.45 LIVE **Cricket: The Hundred** Northern Superchargers v London Spirit: Coverage of the women's match at Headingley in Leeds. (S)
6.00 LIVE **Cricket: The Hundred** Northern Superchargers v London Spirit: Coverage of the men's match at Headingley in Leeds. (S)

2.45 Cricket: The Hundred

7 PM

LIVE **Cricket: The Hundred** (started at 6.00pm)

8 PM

9 PM

9.30 **Mock the Week** Host Dara O Briain and regular panellist Hugh Dennis are joined by Maisie Adam, Angela Barnes, Alasdair Beckett-King, Rhys James and Eshaan Akbar to poke fun at the headlines. (S)(R)

10 PM

10.00 **The Mighty Boosh** *The Nightmare of Milky Joe:* 6/6. Howard and Vince become marooned on a desert island. (S2) (S)(R)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 FILM **The Keeper** Biopic of Bert Trautmann, the German PoW who became a footballing legend for Manchester City. Stars David Kross, Freya Mavor and John Henshaw. (S) (2019, 15, 110min) ★★★★
12.55 AM **Sign Zone: The Travelling Auctioneers** Experts help people declutter and downsize. (S)(R)
1.40 **Sign Zone: Bridge of Lies** Quiz show hosted by Ross Kemp.(S)(R)
2.25 **to 6.15** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team of dealers, Alison Chapman, Tim Hogarth, Jan Keyne and Henry Nicholls, are in Preston. (S)(R)(AD)
3.00 **Tenable** Warwick Davis hosts as a team from the Harlow Amateur Theatre Society take part. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Cooking with the Stars

7 PM

7.30 **Emmerdale** Bear is rattled by Mandy's betrayal, while Nicola and Jimmy are devastated. (S)(AD)

8 PM

8.00 **Cooking with the Stars** New edition 3/6. Emma Willis and Tom Allen host as Abbey Clancy, Pasha Kovalev and Katherine Ryan each prepare delicious date-night dishes for their partners in a three-way cooking battle. (S)(AD)

9 PM

9.00 **Vera** *The Escape Turn:* Detective drama. A wealthy betting-shop tycoon is shot and killed during a home invasion, leaving his wife and daughter traumatised. With large amounts of cash missing from his personal safe, it is first assumed that he is the unlucky victim of a burglary. However, Stanhope suspects it's an inside job and focuses her attention on the victim's head of private security. (S)(R)(AD)

10 PM

10.50 **ITV News** (S)
11.20 **Local News** (S)
11.35 **Champions: Full Gallop** 4/6. Paul Nicholls and Dan Skelton go head-to-head. (S)(R)(AD)
12.25 AM **Teleshopping**
3.00 **Mel Giedroyc and Martin Clunes Explore Britain by the Book** Exploring locations made famous by books and films. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Cooking with the Stars** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.20 AM **Cheers** 15&16/26. (S5) (S)(R)
7.10 **Everybody Loves Raymond** (S)(R)
9.00 **Frasier** 9-12/24. (S9) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)(AD)
12.00 NOON **News** (S)
12.05 PM **Paris 2024 Paralympics: Meet the Athletes** (S)(R)(AD)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** (S)(R)
5.00 **A New Life in the Sun: Where Are They Now?** New edition Hertfordshire couple Rob and Steve launch new events at their French vineyard in Gironde. (S)
6.00 **Come Dine with Me** (S)(R)
6.30 **The Simpsons** *The D'oh-cial Network:* Lisa creates a Facebook-style social network. (S)(R)(AD)

10.00 First Dates

7 PM

7.00 **News** (S)

8 PM

8.00 **Worst House on the Street** New edition 5/6. In Norbury, south London, Scarlette and Stuart Douglas offer expert advice to Jamie and Adam, who hope to maximise their dated terrace's full potential on a minimal budget. (S)(AD)

9 PM

9.00 **Emergency** New edition A woman is rushed to St Mary's with a femur fracture and broken knee after a car crash and a 15-year-old recovers from surgery to repair an artery in his leg. (S)(AD)
■ Continues tomorrow

10 PM

10.00 **First Dates** New edition Best friends Emma and Dani go on a double date, while Venezuelan cleaner Aire is introduced to factory worker Mark. (S)(AD)
11.05 NEW **Untold: The Rise and Rise of Taylor Swift** (S)(AD)
11.40 **Gogglebox** (S)(R)(AD)
12.35 AM **Women on Death Row** New edition Linda Carty. (S)(AD)
1.25 **Meet the Athletes** (S)(SL)(R)(AD)
1.30 **Rise and Fall of Boris Johnson** (R)
3.30 **Trump vs Harris** (S)(SL)(R)(AD)
4.25 **Sunday Brunch Best Bits** (S)(R)
4.45 **Frasier** 15&16/24. (S1) (S)(R)(AD)
5.35 **Meet the Athletes** (S)(SL)(R)(AD)
5.40 **to 6.20** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** 2&3/24. (S2) (S)(R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **The Baby Swindler** Mystery thriller starring Greta Carew-Johns and Ruth Bidner. (S) (2023, PG, 105min) ★★
4.00 **The Cruise: Fun-Loving Brits at Sea** The travellers visit the Greek island of Santorini, where they enjoy the black sands of Perissa beach. (S)(R)
5.00 **News** (S)
6.00 **Scotland's Most Scenic Railway Journeys** A coast to coast trip, starting at the Kyle of Lochalsh on the west coast. (S)(R)
6.55 **News** (S)

7.00 Our Great Yorkshire Life

7.00 **Our Great Yorkshire Life** New edition *Emmerdale*'s Dean Andrews takes co-star pal Liam Fox (Dan Spencer) to York to investigate the city's Roman past. (S)
7.55 **News** (S)

8.00 NEW SERIES **The Yorkshire Vet** Peter Wright tries to deliver a stuck lamb with building work going on all around him, and Rohin Aojula helps a poorly sheepdog puppy at Cannon Hall Farm. (S)

9.00 NEW SERIES **Warship: Life in the Royal Navy** 1/3. Julia Bradbury and JJ Chalmers present an unprecedented look at the Royal Navy, featuring a look at the UK's biggest ship in the fleet. *See feature, page 21.* (S)

10.00 **A Killer Makes a Call** Series finale 6/6. A holiday-maker calls the police after his friend is found dead on a beach, hideously beaten and unidentifiable except for a ring he always wore. (S)

11.05 **Killer at the Crime Scene** (R)
12.05 AM **Motorway Cops: Catching Britain's Speeders** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 NEW TO C5 **Tyrant: Rise of Evil** Hitler's military strategy leading up to World War Two. (S)
4.40 **House Busters** (S)(SL)(R)
5.05 **House Doctor** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S6) (S)(R)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S1) (S)(R)
1.00 PM **MacGyver** (S5) (S)(R)
3.00 **Hawaii Five-0** 8/25. (S8) (S)(R)
4.00 **S.W.A.T.** 7/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** *All Singing, All Dancing:* Musical highlights from past episodes. (S)(R) **5.30** *The Two Mrs Nahasapeemapetilons:* Apu pretends Marge is his wife. (S)(R)
6.00 **The Office (US)** 18/26. Part two of two. Pam prepares herself to give birth. (S)(R) **6.30** 19/26. Dwight stirs things up when Jim returns from paternity leave. (S6) (S)(R)

8.00 Islands

7.00 **The Simpsons** *Bart Carny:* A carnival worker and his son move in with the Simpsons. (S)(R) **7.30** *The Joy of Sect:* The family brainwashed by a religious cult. (S)(R)

8.00 **Islands** 5/6. In Botswana, hyenas claim the largest island in the Okavango Delta – but must defend it. Elephants and hippos sculpt the waterways and make new homes for smaller creatures. (S)(R)(AD)

9.00 FILM **Ocean's Twelve** Caper thriller sequel starring George Clooney, Brad Pitt, Matt Damon, Julia Roberts, Catherine Zeta-Jones and Andy Garcia. Charismatic thief Danny Ocean and his gang find themselves competing with an enigmatic French criminal when they attempt to steal $160million in Europe. (S) (2004, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.30 **The Walking Dead: Daryl Dixon** 2/6. Daryl and his new allies face trouble on the road towards the Nest. (S1) (S)(R)
12.40 AM **An Idiot Abroad 2** (S)(R)
1.35 **Brit Cops: Frontline Crime UK** Documentary. (S)(R)(AD)
2.30 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** 8/25. (S8) (S)(R)
4.00 **S.W.A.T.** 7/22. (S6) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
7.00-7.30pm River City (R)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm Bikes! Armoy Road Races (S) **11.20** NEW SERIES Pretty Little Liars: Summer School: Double bill. (S) **1.00-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
10.40pm Dark Land: Hunting the Killers (S)(R) **11.35** NEW SERIES Pretty Little Liars: Summer School (S) **1.15-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm Barra's Wild Days Out (S)(R)

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Cwpwrdd Epic Chris **12.30** Heno New edition **1.00** Y Sioe 2024 **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion S4C a'r Tywydd **3.05** Hen Dy Newydd (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Ffasiwn Drefn (AD) **6.30** Sgorio **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Pobol y Cwm: Y Cymeriadau New episode **8.55** Newyddion S4C a'r Tywydd **9.00** Gweinidog lechyd Mewn Pandemig **10.00** Y 'Sgubor Flodau **11.00-11.35pm** Bwyd Epic Chris

TV&Satellite week
New issue on sale today

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Jeremy, Richard and James create a street circuit in Spain.
8.00 **Shark Tank: Dragons' Den US** New edition An entrepreneur from New Orleans presents a solution to disposing of cooking oil.
8.00 **The Catch Up**
8.45 **Press X to Continue** A look at forgotten franchises.
9.00 **Stacey Dooley Sleeps Over** 6/6. Stacey visits a wealthy family in their large manor house in the Warwickshire countryside.
9.45 **Zara McDermott: Revenge Porn** The former *Love Island* star looks at the rise of sharing explicit or sexual images or videos without consent.
10.40 **This Country** 5&6/7. (S3)
11.40 **Drugs Map of Britain**
12.10 AM **Top Gear** As 7.00pm.
1.10 **This Country** 5&6/7. (S3)
2.10 **Drugs Map of Britain**
2.40 **My Mate's a Bad Date**
3.00 **to 3.55** AM **Zara McDermott: Revenge Porn**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** A visit to Truro in Cornwall.
7.30 **Gareth Edwards' Great Welsh Adventure** Gareth and Maureen get a castle to themselves for a night.
8.00 **Keeping Up Appearances** Daddy gets engaged.
8.30 **Butterflies** Ria regrets joining an exercise class.
9.00 **The Ruth Ellis Files: A Very British Crime Story** 1/3. The case of the last woman to be hanged in Britain.
10.00 **Corridors of Power: Should America Police the World?** New edition 2/8. A look at how incoming president Bill Clinton initially approached the Bosnian War.
11.00 **Watergate** Double bill.
12.40 AM **Inside America's Treasure House: The Met**
1.40 **Great British Railway Journeys** As 7.00pm.
2.10 **Gareth Edwards' Great Welsh Adventure**
2.40 **to 3.40** AM **The Ruth Ellis Files: A Very British Crime Story**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions from Woking and Weybridge, Surrey.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Chateau DIY** Anna tries to learn new DIY skills to make some glossy entrance signs.
6.55 **Car S.O.S** Tim Shaw and Fuzz Townshend restore a Japanese off-roader.
7.55 **Grand Designs** A project to convert a derelict water tower in central London into a luxury home, complete with a room at the top offering spectacular 360-degree views across the city.
9.00 NEW SERIES **Country House Auction** 1/4. Series following an antiques sale at Castle Durrow. Tonight, expert jeweller Frances appraises a beautiful five-diamond platinum sparkler. Postponed from last week.
10.00 **Millionaire Hoarders** 1/3. Following experts as they sift through homes crammed with potential treasures.
11.05 **24 Hours in A&E**
12.10 AM **Country House Auction** As 9.00pm.
1.15 **Millionaire Hoarders**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 17-20/24. (S10)
2.00 PM **The Goldbergs**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** Warren throws a barbecue with his neighbours.
7.30 **Modern Family** 11/24. The Dunphys and Manny re-evaluate their lives after a brush with death. (S6)
8.00 **Below Deck Adventure** New edition The first adventure of the season sends the charter on a caving expedition but it's Kyle who ends up digging himself into a hole by flirting with Kasie in front of guests.
9.00 **Gogglebox** Shows including *Vigil*, *Ready to Mingle* and *Take a Hike* are appraised.
10.05 **Naked Attraction** Luke and Abi look for love.
11.05 **First Dates**
12.10 AM **The Big Bang Theory**
1.10 **Brooklyn Nine-Nine**
2.10 **Modern Family**
3.00 **Below Deck Adventure**
3.50 **Ramsay's Kitchen Nightmares USA**
4.45 **to 6.00** AM **The Neighborhood**

+1 hour 235/236 | 306 | 30 | 123

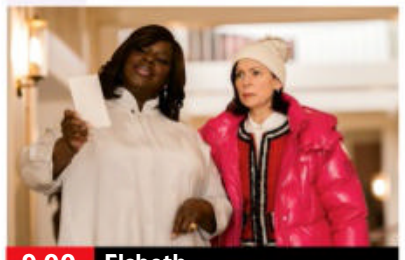
TUESDAY Entertainment

Tuesday

Sky Witness

107 807 110 341 356

6.00 AM **Bondi Rescue**
7.00 **999 Frontline**
8.00 **Border Patrol**
9.00 **Highway Cops**
10.00 **Caught on Dashcam**
11.00 **Bull** 2/16. (S5)
12.00 NOON **The Rookie** (S1)
1.00 PM **Chicago Fire** 4/22. Kidd gets a glimpse into Carver's personal life. (S11)
2.00 **The Equalizer** 1/10. First episode of the crime drama starring Queen Latifah. (S1)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**



9.00 Elsbeth

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **The Equalizer** *Glory:* 2/10. McCall's online ad leads her to a mother whose son has been kidnapped. (S1)

9 PM

9.00 **Elsbeth** New episode *Love Knocked Off:* 4/10. Things turn deadly when Margo Clarke attempts to hide the truth. (S1)

10 PM

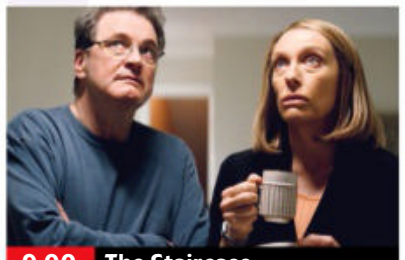
10.00 **FBI: Most Wanted** *Predators:* 9/14. A couple embark on a terrifying killing spree. (S1)
11.00 **FBI: Most Wanted** 10/14. (S1)
12.00 M'T **Law & Order: Special Victims Unit** 15/22. (S24)
1.00 AM **Fire Country** 7/10.
2.00 New episode 8/10 (S2)
3.00 **Law & Order: Special Victims Unit** 14/22. (S24)
4.00 **For Life** 5/10. (S2)
5.00 **to 6.00** AM **Bondi Rescue**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town**
8.10 **Riviera** 2&3/8. (S3)
10.20 **Britannia** 3&4/8. (S3)
12.30 PM **Game of Thrones** (S4)
1.45 **The Sopranos** 7&8/13. (S2)
3.55 **Riviera** 4/8. Georgina vows revenge on Alex and Ellen.
4.55 5/8. Alex is angered to learn that Georgina and Gabriel are on the run. (S3)
5.55 **Britannia** 5/8. Amena tries to prove her worth to Hemple.
6.55 6/8. Cait harnesses the power of Big Pebble in their search for the traitor. (S3)



9.00 The Staircase

7.55 **Game of Thrones** *First of His Name:* 5/10. Cersei and Tywin plot their next move, Daenerys hears worrying news about Yunkai and Astapor, and Jon and his men attack the mutineers. (S4)

9.00 **The Staircase** *The Great Dissembler:* 3/8. In the months preceding Kathleen's death, Michael leads a double life, as the Petersons struggle. (S1)

10.15 **The Sopranos** 2/21. A comatose Tony dreams about being a businessman. (S6)
11.20 **The Sopranos** 3/21. (S6)
12.25 AM **Winning Time: The Rise of the Lakers Dynasty** 5/10. Kareem begins to doubt his place on the team. (S1)
1.30 **The Leftovers** 6/8. (S3)
2.45 **Game of Thrones** As 7.55pm.
4.00 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **DC's Legends of Tomorrow**
7.00 **SEAL Team** 14/20. (S3)
8.00 **Supergirl** 10/20. (S1)
9.00 **Stargate SG-1** (S6)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 12/20. (S1)
1.00 PM **MacGyver** 12&13/15. (S5)
3.00 **Hawaii Five-0** 8/25. (S8)
4.00 **S.W.A.T.** 7/22. (S6)
5.00 **SEAL Team** 13/20. The team conduct a mission review. (S3)
6.00 **Stargate SG-1** 17/22. Ambassadors from Britain, France and China learn of the Stargate programme. (S6)

9.00 Rob & Romesh vs K-Pop

7.00 **Stargate SG-1** *Forsaken:* 18/22. The team help a stranded ship's crew struggling for survival on a remote planet. (S6)

8.00 **A League of Their Own Road Trip: Southeast Asia** 2/6. With guests Patrice Evra, Mo Gilligan and Maisie Adam.

9.00 **Rob & Romesh vs K-Pop** Rob Beckett and Romesh Ranganathan enter the world of the music phenomenon of K-Pop.

10.00 **The Walking Dead: Daryl Dixon** *Alouette:* 2/6. Daryl and his new allies face trouble on the road towards the Nest. (S1)
11.10 **An Idiot Abroad 2** 2/8. Karl Pilkington boards the Trans-Siberian Express to China.
12.10 AM **The Walking Dead** (S6)
1.10 **Road Wars**
2.05 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Hawaii Five-0** 8/25. (S8)
4.00 **S.W.A.T.** 7/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.30 **Totally Bonkers Guinness World Records**
10.00 **Love Bites**
12.00 NOON **Dress to Impress**
1.00 PM **In for a Penny**
2.00 **Supermarket Sweep**
3.00 **Charmed** 10/22. (S2)
4.00 **Dawson's Creek** 9/23. The gang tell scary stories. (S5)
5.00 **Dress to Impress**
6.00 **Celebrity Catchphrase** Lesley Garrett, Jools Holland and Adil Ray take part.

9.00 Family Guy

7.00 **Ant & Dec's Limitless Win** The duo host the game show as Sarah and her mother Fiona try to climb the money ladder.

8.00 **Bob's Burgers** 6/22. Louise goes on a Halloween school field trip.
8.30 7/22. Bob journeys into cyberspace. (S13)

9.00 **Family Guy** 8/18. Meg convinces Brian to take her SATs for her.
9.30 9/18. Meg is recruited as a model. (S13)

10.00 **Family Guy** 19/21. Meg and Peter have fun partying at a college.
10.30 20/21. Cleveland returns to the town. (S12)
11.00 **Family Guy** 21/21. Angry baby Stewie finds himself reborn into a British household. (S12)
11.30 **American Dad!** (S9)
12.30 AM **Bob's Burgers** New episodes 8&9/22. (S13)
1.30 **Deal or No Deal**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Wild at Heart** (S1)
10.25 **The Royal** *Pastures New.*
11.25 **Heartbeat** *The Hospital Job.*
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.50 **A Touch of Frost** *Deep Waters:* Jack tries to catch the thug responsible for an attack on a student on campus.
6.00 **Heartbeat** *The Middle of Somewhere:* Mason and Dawson investigate the son of a roadhouse owner.

8.00 Midsomer Murders

7.00 **Heartbeat** *School of Hard Knocks:* A young boy steals the gun of a teacher who put him in hospital and vows revenge.

8.00 **Midsomer Murders** *The Scarecrow Murders:* The annual Scarecrow Festival takes a grisly turn as bodies begin appearing on poles displayed alongside their straw creations.

10.00 **Cracker** *The Big Crunch – Part Three:* 6/9. Fitz vows to nail Kenneth Trant and his family come what may. (S2)
11.00 **Cracker** *Men Should Weep – Part One:* 7/9. The police ask Fitz to help them catch a rapist who never leaves forensic evidence. (S2)
12.00 M'T **Wild at Heart**
1.40 AM **Bless This House**
2.05 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
7.30 LIVE **Sportscene: European Play-Off** Rangers v Dynamo Kyiv: All the action from the UEFA Champions League third qualifying-round second-leg tie at Hampden Park. Kick-off is at 7.45.
10.00 **Rip It Up** 3/3. The evolution of the Scottish music industry and the bands that helped nurture it and still support it today. Featured bands include King Creosote, The Pastels and Mogwai.
11.00 PM **to 12.00** M'T **Darren McGarvey's Class Wars** Darren's examination of social class concludes with a look to the future, and questions if society can ever rid itself of the legacy it exerts.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Will & Grace** (S10)
9.00 **The Conners** (S3)
10.00 **Crashing** 4/8. (S1)
10.35 **Barry** 4&5/8. (S3)
11.50 **Young Rock** (S3)
12.50 PM **Insecure** (S1)
2.05 **Barry** 6&7/8. (S3)
3.25 **Young Rock** (S3)
4.25 **Crashing** 5/8. (S1)
5.00 **Will & Grace** (S10)
6.00 **The Office (US)** (S6)
7.00 **The Conners** (S3)
8.00 **Will & Grace** (S3)
9.00 **Curb Your Enthusiasm** 7/10. Larry invites a sex offender to a Passover meal.
9.40 8/10. Larry makes a new friend.
10.20 9/10. The hunt for Jeff's dog leads Larry to his bookie. (S5)
11.00 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
12.00 M'T **Breeders** (S2)
1.10 AM **Enlightened** (S1)
2.30 **Flight of the Conchords**
3.50 **to 5.00** AM **Insecure**

Sky Arts

130/131 826 123 36 147 365

6.00 AM **Highlights**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **Classic Literature & Cinema** Myths.
4.00 **Discovering**
5.00 **Watercolour Challenge**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Arcimboldo, Portrait of an Audacious Man**
9.15 **Backstage with the London Philharmonic Orchestra** Documentary.
10.15 **JRR Tolkien: Designer of Worlds**
11.30 **Classic Movies: The Story of Brief Encounter**
12.30 AM **Discovering Romance on Film**
2.00 **Mary Cassatt: Painting the Modern Woman**
3.10 **Sky Arts Book Club**
4.05 **to 6.00** AM **Highlights**

Sky Mix

151 135 11 144

7.00 AM **Border Security: Canada's Front Line**
8.00 **Nothing to Declare**
9.00 **Monkey Life**
10.00 **UK Border Force**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 23/26. (S1)
5.00 **Star Trek: Enterprise**
6.00 **Star Trek: Deep Space Nine** 21/26. (S2)
7.00 **Star Trek: Voyager**
8.00 **Hawaii Five-0** (S2)
9.00 **FBI: Most Wanted** (S1)
10.00 **Chucky** 1/8. Horror with Zackary Arthur. (S1)
11.00 **Killer in My Village**
12.00 M'T **Caught on Dashcam**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.20 AM **Be Beautiful**
7.35 **The Real Housewives of Cheshire** Reality series.
8.35 **Making It Home**
9.35 **Buying and Selling**
10.35 **Billie and Greg: The Family Diaries**
11.35 **The Real Housewives of New Jersey** Reality show.
12.30 PM **The Real Housewives of Atlanta**
1.25 **The Only Way Is Essex**
2.10 **Dinner Date**
3.10 **Million Dollar Listing: NYC** Property series.
4.10 **The Real Housewives of New Jersey** Reality show.
5.00 **The Real Housewives of Potomac** Reality series.
5.55 **Making It Home**
7.00 **Million Dollar Listing: NYC** Property series.
8.00 **Dinner Date**
9.00 **Emergency Nurses**
10.00 **Love Island USA** New edition
11.15 PM **to 12.20** AM **Loaded in Paradise**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Hart to Hart** (S2)
9.00 **Diagnosis Murder**
11.00 **Castle** 8/24. (S5)
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 4/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 8-11/26. (S7)
9.00 **The New Avengers** *To Catch a Rat:* 7/13. Purdey and Gambit look into a legendary agent, who has resurfaced after 17 years. (S1)
10.00 **The Avengers** *The Living Dead:* 7/24. Steed and Emma investigate rumours of a ghost. (S5)
11.00 *Killer:* 17/33. Steed investigates a computer that seems to be killing agents. (S6)
12.00 M'T **M*A*S*H** (S7)
2.00 AM **The Avengers**
4.00 **Castle** 20/23. (S6)
4.50 **to 5.00** AM **GREAT! Movie News Extra**

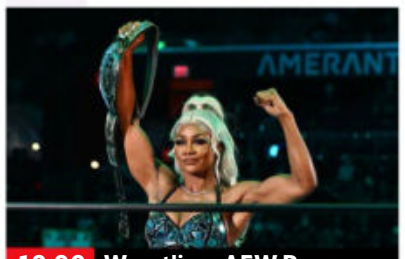
+1 hour 257 62

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.05 **The Professionals**
8.00 **Robin of Sherwood**
9.15 **The Champions**
10.15 **Kojak**
11.20 **BattleBots**
12.20 PM **Robin of Sherwood**
1.30 **The Champions**
2.35 **Kojak**
3.40 **Minder**
4.50 **The Professionals**
5.55 **BattleBots** The fourth series of the show kicks off with 67 bots, as they face off to become the BattleBots World Champion.



10.00 Wrestling: AEW Rampage

6.55 **The Chase Celebrity Special** Melvin Odoom, Carl Fogarty, Louis Smith and Bonnie Langford take part in the quiz show.
8.00 **World Superbike Highlights** Action from round seven, held at the Autodromo Internacional do Algarve in Portugal.
9.00 **Beat the Chasers** Contestants from across the UK take on Chasers, hoping to win big money. Bradley Walsh hosts.
10.00 **Wrestling: AEW Rampage** Hard-hitting, high-flying wrestling action featuring many of AEW's biggest stars.
11.05 FILM **Alien Resurrection** Sci-fi horror starring Sigourney Weaver, Winona Ryder and Dominique Pinon. (1997, 15, 110min) ★★★★
1.10 AM **Auto Mundial**
1.35 **Motorsport Mundial**
2.05 **to 3.00** AM **Minder**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Merlin** 12/13. (S1)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 12/20. (S1)
2.00 **Merlin** 12/13. (S1)
3.00 **Stargate SG-1** 14/22. (S2)
4.00 **Star Trek: Enterprise** (S2)
5.00 **Star Trek: Voyager** 2/26. Seven of Nine has a brush with death. (S7)
6.00 **Merlin** 12/13. Gwen's father Tom is caught practising magic and faces trial. (S1)

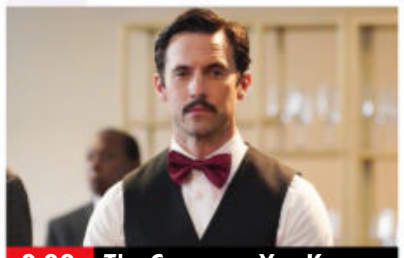
9.00 Westworld

7.00 **Star Trek: Deep Space Nine** *Vortex:* 12/20. Odo travels to the Gamma Quadrant in search of his people. (S1)
8.00 **Stargate SG-1** *Touchstone:* 14/22. O'Neill and the team uncover a sinister government plot. (S2)
9.00 **Westworld** *Contrapasso:* 5/10. Delores and William find themselves in Pariah, a town built on decadence and transgression. **10.10** *The Adversary:* 6/10. Elsie discovers evidence that could point to sabotage. (S1)
11.20 **The Twilight Zone** 3/10. An actor risks everything to catch his big break. **12.20** AM 4/10. A struggling singer's career takes off. (S2)
1.20 **Wynonna Earp** 4/12. (S4)
2.15 **Merlin** As shown at 6.00pm.
3.10 **Intergalactic** 5/8. (S1)
4.10 **Monstrous** 2/6. (S1)
5.00 **to 6.00** AM **Most Haunted**

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries**
9.00 **The Doctor Blake Mysteries**
10.00 **Elementary** 24/24. (S3)
11.00 **Hudson & Rex** 9/16. (S2)
12.00 NOON **Father Brown**
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries**
4.00 **Shakespeare & Hathaway: Private Investigators** (S2)
5.00 **Father Brown** As 1.00am.
6.00 **Hudson & Rex** 9/16. A prominent member of an exclusive dating app is found slain with an arrow through his heart. (S2)


9.00 The Company You Keep

7.00 **Elementary** *Who Is That Masked Man:* 14/24. An attempt is made on Morland's life. (S4)
8.00 **Death in Paradise** *Music to My Ears:* 5/9. Part one of a two. A concert pianist is shot dead during an apparent burglary. (S10)
9.00 **The Company You Keep** New episode 2/10. The Nicolettis steal a valuable necklace. (S1) ■ Entire series on Box Sets
10.00 **So Help Me Todd** *End on a High Note:* 5/10. Margaret and Todd defend Lyle's opera star mother Jaqueline. (S2)
11.00 **Elementary** As 7pm.
12.00 M'T **Hudson & Rex** As 6pm.
1.00 AM **Father Brown** *The Darkest Noon:* When Mallory and Father Brown go missing, it is up to the gang to save them.
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

GOLD

110/111 810 124 344 359

7.05 AM **Highlights**
9.35 **Ever Decreasing Circles**
10.15 **Hi-de-Hi!**
10.55 **Still Open All Hours**
11.30 **Last of the Summer Wine**
12.50 PM **Keeping Up Appearances**
1.30 **Ever Decreasing Circles**
2.10 **Still Open All Hours**
2.50 **Dad's Army: Lost Episodes**
3.30 **Hi-de-Hi!**
4.10 **Last of the Summer Wine**
5.30 **Still Open All Hours**
6.10 **Keeping Up Appearances**
6.50 **Dad's Army: Lost Episodes**

11.15 Bottom

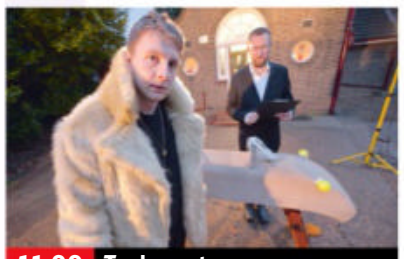
7.25 **Dad's Army** The bumbling platoon boost their fighting strength by acquiring an armoured car.
8.00 **dinnerladies** Stan tries to pick the perfect toupee for an important royal visit.
8.35 **Only Fools and Horses** Feature-length episode. The Trotters journey to Holland to dabble in the diamond import business – with old foe Inspector Slater hot on their trail. With Jim Broadbent.
10.35 **Harry Enfield and Chums** Tim Nice-But-Dim meets a kindred spirit in Dick Nice-But-Thick.
11.15 **Bottom** Wretched flatmates Richie and Eddie decide to go camping in the countryside.
11.55 **The Royle Family**
12.25 AM **Only Fools and Horses**
2.20 **Bottom** As 11.15pm.
2.50 **The Royle Family**
3.20 **to 4.00** AM **Sandylands**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Whose Line Is It Anyway? USA** Double bill.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Rick Stein's Secret France**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Secret France** Rick takes a culinary tour of France, beginning in Dieppe.
6.00 **Rick Stein's Cornwall** Double bill of editions.


11.00 Taskmaster

7.00 **Would I Lie to You? The Unseen Bits** Extra material from the panel show.
7.40 **Richard Osman's House of Games** Guests include Stephen Bailey and Crystelle Pereira. **8.20** Guests include Sally Phillips and Rickie Haywood-Williams.
9.00 **QI XL** Guests Ross Noble, Dara O Briain and Jeremy Clarkson join regular panellist Alan Davies and host Stephen Fry.
10.00 **Have I Got a Bit More News for You** Romesh Ranganathan hosts the satirical quiz, with Jo Brand and Lemn Sissay.
11.00 **Taskmaster** With Mel Giedroyc and Joe Lycett.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You? The Unseen Bits** As 7.00pm.
1.20 **Room 101** With Bill Bailey.
2.00 **to 4.00** AM **Whose Line Is It Anyway? USA**

+1 hour 211/212 327 57

Tuesday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Ramsay's Kitchen Nightmares USA**
10.00 **Car S.O.S**
10.55 **Paris 2024 Paralympics: Meet the Athletes**
11.00 **A Place in the Sun**
12.00 NOON **The Great House Giveaway**
1.00 PM **Frasier** (S9)
1.55 **Paris 2024 Paralympics: Meet the Athletes**
2.00 **Frasier** 6/24. (S9)
2.30 **A New Life in the Sun: Where Are They Now?**
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Grand Designs**
8.00 **Yorkshire By the Sea**
9.00 FILM **Jack Reacher: Never Go Back** Action thriller sequel starring Tom Cruise and Cobie Smulders. (2016, 12, 118min) ★★★
11.20 **Emergency**
1.30 AM **First Dates**
2.35 **Gogglebox**
3.35 **to 4.35** AM **Night Coppers**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 2-4/24. (S4)
12.00 NOON **Law & Order: Criminal Intent** (S2)
3.00 PM **Law & Order** (S21)
4.55 **Entertainment News**
5.00 **Law & Order** (S22)
6.00 **NCIS** *Iceman:* 18/24. A supposedly dead Marine comes back to life on the autopsy table. **7.00** *Grace Period:* 19/24. Two agents are murdered while on duty. **8.00** *Cover Story:* 20/24. A murder investigation proves to be complicated for McGee. (S4)
9.00 **Law & Order** *Appraisal:* 21/22. Cosgrove and Shaw suspect an art dealer was killed, but can't make an arrest until they find her body. (S22)
10.00 **Law & Order: Special Victims Unit** (S14&13)
2.00 AM **The Blacklist** (S2)
3.50 **to 4.00** AM **Entertainment News**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Happy Campers: The Caravan Park**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Skin A&E** New edition
10.00 **A&E After Dark**
11.00 **999: Emergency Call Out** Documentary.
12.05 AM FILM **Sherlock Holmes: A Game of Shadows** Guy Ritchie's action adventure sequel. (2011, 12, 128min) ★★★
2.35 **Casualty 24/7: Every Second Counts**
3.25 **Home and Away**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.15 **Outback Truckers**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
12.10 PM FILM **War of the Wildcats** Western with John Wayne (1943, b/w, U, 102min) ★★
2.20 FILM **The Yellow Mountain** Western starring Lex Barker. (1954, U, 77min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Belmarsh: Serial Killers & High Security**
10.00 **Transporter: The Series** 3&4/12. (S1)
12.05 AM **Police Interceptors**
1.05 **World's Deadliest Weather: Caught on Camera** Wildfires.
2.05 **Trucking Heavy**
3.05 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **Property Brothers: Family Flashback**
8.00 **Tipping Point**
11.00 **DIY SOS: Children in Need Special**
12.00 NOON **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Tipping Point: Lucky Stars** With Rufus Hound.
7.00 **MasterChef Australia** New edition The chefs take on their first big Service Challenge.
8.30 **The Gentle Art of Swedish Death Cleaning**
9.30 **DIY SOS: Homes for Veterans** In Manchester.
10.30 **Nick Knowles' Big House Clearout**
11.30 **Ambulance Australia**
12.30 AM **Bang on Budget**
1.35 **16 Kids and Counting**
2.25 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Doctors**
9.10 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Born and Bred**
4.10 **Howards' Way**
5.20 **Birds of a Feather**
6.05 **Desmond's**
6.40 **Are You Being Served?**
7.20 **Last of the Summer Wine** Vintage comedy.
8.00 **Mrs Sidhu Investigates** *On the Ropes:* 4/4. A boxer is kidnapped and held at ransom. (S1)
10.00 **New Tricks** *Home Truths:* The discovery of a bloodstained pair of hot pants results in the team being asked to reopen a case from 1971.
11.20 **Silent Witness**
1.35 AM **Footballers' Wives**
2.40 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

TUESDAY Entertainment

Tuesday

Really
142 128 17 160

6.00 AM **Celebrity Fantasy Homes** A dream home for actor Michelle Collins.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **A Place in the Sun**
12.00 NOON **Money for Nothing** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Antiques Road Trip** Double bill.
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **Dr Pimple Popper** Dr Sandra Lee treats a young woman with unsightly elf-like skin growths on her ears. **10.00** A man has a large knot on his head sustained from a car crash 18 years ago.
11.00 **Help! My House Is Haunted** Double bill.
1.00 AM **The Dead Files**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Weakest Link**
11.00 **Celebrity Catchphrase**
12.00 NOON **Cash Trapped**
1.00 PM **All Star Family Fortunes** Double bill.
2.20 **All Star Family Fortunes Christmas Special** The Dingles of *Emmerdale* take on *Hollyoaks'* McQueens.
3.00 **Catchphrase**
4.00 **Blockbusters**
5.00 **Bullseye** Four editions.
7.00 **Celebrity Catchphrase** Stephen Mangan, Nicola Coughlan and Toyah Willcox compete.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Classic Who Wants to Be a Millionaire?**
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link**
1.00 AM **Cash Trapped**
2.00 **The Chase** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.00 AM **Coast Guard Alaska**
9.00 FILM **Face of a Fugitive** Western. (1958, U) ★★
10.50 **War Machines**
12.00 NOON **Wild West Chronicles** Double bill.
1.00 PM FILM **Cowboy** Western starring Jack Lemmon. (1958, PG, 90min) ★★★
3.00 FILM **Waterloo** Drama. (1970, U, 132min) ★★★
5.50 **The Lightning War**
7.05 FILM **Meteor Storm** Sci-fi action thriller starring Michael Trucco. (2010, 12, 90min) ★
9.00 FILM **Who Dares Wins** Action thriller with Lewis Collins and Judy Davis. (1982, 18, 124min) ★
11.35 FILM **Shout at the Devil** Action adventure starring Lee Marvin. (1976, 15, 147min) ★★
2.45 AM **The Blitz on London**
3.50 **to 5.00** AM **War Machines**
+1 hour 324

GREAT! movies
321 425 34

9.00 AM FILM **Cry for Justice** Fact-based drama. (2013, 12, 107min) ★★
11.00 FILM **Past Obsessions** Thriller. (2011, 12) ★★
1.00 PM FILM **Enemy Within** Thriller. (2007, 15) ★★
3.00 FILM **Seattle Superstorm** Thriller. (2012, PG, 95min) ★★
4.55 FILM **Sub-Zero** Action adventure. (2004, 15, 90min) ★★
7.05 FILM **Garage Sale Mysteries: Guilty Until Proven Innocent** Thriller. (2016, PG, 85min) ★★
9.00 FILM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
11.55 FILM **The Score** Thriller. (2001, 15) ★★★★
2.30 AM **Wild West Chronicles** Triple bill.
4.00 **to 6.00** AM FILM **Cradle Swapping** Drama. (2017, 12) ★★
+1 hour 322

GREAT! romance
319 424 52

8.00 AM FILM **Designed with Love** Drama. (2020, PG, 85min) ★★
10.00 FILM **A Snapshot of Forever** Comedy. (2022, PG, 86min) ★★
12.00 NOON FILM **Shifting Gears** Romantic drama. (2024, U, 90min) ★★
2.00 PM FILM **One Winter Proposal** Comedy. (2019, PG, 84min) ★★
4.00 FILM **Stop the Wedding** Drama. (2016, U) ★★
6.00 FILM **Love Upstream** Comedy. (2021, PG) ★★
8.00 FILM **Love Afloat** Drama. (2022, PG) ★★
9.50 FILM **Sincerely, Yours, Truly** Romantic drama. (2020, PG, 90min) ★★
12.00 M'T **Highway to Heaven**
1.00 AM FILM **The Wedding Ring** Romantic drama. (2020, PG, 86min) ★★
3.10 **to 5.00** AM FILM **Autumn in the City** Drama. (2022, U) ★★
+1 hour 320 63

GREAT! real
189 61

9.00 AM **Thief Trackers**
9.30 **Police Ten 7**
12.00 NOON **Air Rescue**
1.00 PM **Airline USA**
2.00 **Paddington Station 24/7** Documentary.
3.00 **Island Medics**
4.00 **Air Rescue** Double bill.
5.00 **Coast Guard Alaska**
6.00 **Coast Guard Pacific Northwest**
7.00 **Paddington Station 24/7** During the summer and tensions rise along with the temperature.
8.00 **Island Medics** A biker is treated after hitting a bird.
9.00 **Air Rescue** Double bill.
10.00 **Code 1: Extreme**
11.00 **Paddington Station 24/7** As 7.00pm.
12.00 M'T **Coast Guard Pacific Northwest**
1.00 AM **Coast Guard Alaska**
2.00 **Police Ten 7**
4.00 **Cops Uncut**
5.00 **to 5.50** AM **Airline USA**
+1 hour 289

DMAX
159 169 39 150

6.00 AM **Alaska: Last Frontier**
7.00 **Building Off the Grid**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
11.00 **Building Off the Grid**
12.00 NOON **Homestead Rescue: Raney Ranch**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers**
4.00 **Garage Rehab**
5.00 **Kindig Customs**
6.00 **Deadliest Catch**
7.00 **Alaska: Last Frontier**
8.00 **Gem Hunters Down Under** Documentary.
9.00 **Gold Divers**
10.00 **Deadliest Catch**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** The survivalists desperately seek food.
1.00 AM **Yukon Men**
2.00 **Teleshopping**
4.00 **Building Alaska**
5.00 **to 6.00** AM **Maine Cabin Masters**
+1 hour 259 369 151

Food Network
140/141 190 43 148

6.00 AM **Barefoot Contessa**
7.00 **The Pioneer Woman**
8.00 **Tom Kerridge More Sunday Lunch**
9.00 **James Martin's...**
10.00 **Marcus in the Med**
10.30 **Marcus Wareing's Tales from a Kitchen Garden**
11.00 **Hairy Bikers' Meals on Wheels**
12.00 NOON **Great British...**
2.00 PM **James Martin's Favourite Feasts**
3.00 **Michel Roux's French...**
4.00 **The Pioneer Woman**
5.00 **Girl Meets Farm**
6.00 **Great British Bake Off**
8.00 **Michel Roux's French Country Cooking**
9.00 **Rick's Food Heroes**
10.00 **Hairy Bikers Go Local**
11.00 **Diners, Drive-Ins...**
12.00 M'T **Grocery Games**
1.00 AM **Restaurant: Impossible**
2.00 **to 3.00** AM **Diners, Drive-Ins and Dives**
+1 hour 240/241 149

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 15/26. (S5)
9.00 **Airwolf** 17/24. (S4)
10.00 **Mission: Impossible**
11.00 FILM **Asteroid-a-geddon** Adventure. (2020, PG, 90min) ★★
1.00 FILM **Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
2.55 FILM **Quatermass and the Pit** Thriller. (1967, 12, 100min) ★★★★
5.00 **Star Trek** 19/26. (S2)
6.00 **Mission: Impossible**
7.00 **Airwolf** 18/24. (S4)
8.00 **Walker, Texas Ranger**
9.00 FILM **The Hunter's Prayer** Action thriller. (2017, 15, 91min) ★★
10.50 FILM **A Violent Man** Prison drama. (2022, 18, 105min) ★★
12.55 AM FILM **The Blood on Satan's Claw** Horror. (1970, 18, 93min) ★★★
2.50 **to 4.50** AM FILM **The Young Cannibals** Horror. (2020, 15) ★★

Legend Xtra
317 171 69 138

6.00 AM FILM **Asteroid v Earth** As 5.00pm.
8.00 FILM **Termination Point** Thriller. (2007, 15) ★★
10.00 **Farscape** 21/22. (S4)
11.00 FILM **Ape vs Monster** Adventure. (2021, 12) ★★
1.00 PM FILM **George and the Dragon** Adventure. (2004, PG) ★★★
3.00 **Farscape** 21/22. (S4)
4.00 **The Prisoner** 3/17. (S1)
5.00 FILM **Asteroid v Earth** Sci-fi disaster drama starring Tia Carrere. (2014, 15, 91min) ★★
7.00 **Farscape** 22/22. (S4)
8.00 **The Prisoner** 4/17. (S1)
9.00 FILM **Slipstream** Sci-fi adventure starring Bill Paxton and Bob Peck. (1989, PG, 101min) ★
11.00 FILM **Office Uprising** Comedy horror starring Brenton Thwaites. (2018, 15, 92min) ★★
1.00 **to 3.00** AM FILM **Slipstream** As 9.00pm.
+1 hour 318 371 139

Blaze
164 174 64 162

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.25 **Container Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Files: Unsealed**
11.10 **The Proof Is Out There**
12.10 PM **Weird or What? With William Shatner**
1.05 **Monsterquest**
2.05 **Pawn Stars**
3.05 **Storage Wars: Texas**
3.35 **Container Wars**
4.00 **Ancient Aliens**
6.00 **Alien Files: Unsealed**
7.00 **Pawn Stars**
8.00 **Dickinson's Real Deal**
9.00 **Bermuda Triangle: Into Cursed Waters**
10.00 **Truthseekers**
11.00 **The Curse of Oak Island**
1.00 AM **Alien Files: Unsealed**
2.00 **The Proof Is Out There**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT
153 138 46 133

9.00 AM **Entertainment News**
9.10 **The Yorkshire Vet**
2.55 PM **Murder, She Wrote**
3.55 **Entertainment News**
4.00 **Columbo**
6.00 **Ben Fogle: New Lives in the Wild** A former pilot farming in the foothills of the Himalayas. **7.00** A former taxi driver from Florida who now farms in a remote part of the Philippines.
8.00 **Building Britain's Canals** Dan Jones navigates the Leeds and Liverpool Canal.
9.00 **Ben Fogle: New Lives in the Wild** Ben Fogle returns to the Arctic circle to revisit old friend Randi Skaug.
10.00 **Buried Secrets of WWII** Documentary.
11.00 **Nazi Megastructures**
12.00 M'T **Forged in Fire**
3.30 AM **The Yorkshire Vet**
3.55 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 166

7.00 AM **Building Alaska**
8.00 **Help! I Wrecked My House** Termite damage.
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **A Place in the Sun**
12.00 NOON **My Lottery...**
1.00 PM **Bargain Mansions**
2.00 **Flip or Flop Fort Worth**
3.00 **Good Bones**
4.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **Farmhouse Fixer: Camp Revamp** New edition Jon Knight must repair or tear down a cabin.
10.00 **Battle on the Beach** New edition The teams finish their exteriors.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop Fort Worth** New editions Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress: UK** Double bill.
10.00 **Dr Pimple Popper**
11.00 **The Family Chantel**
12.00 NOON **Unexpected: Teenage & Pregnant**
1.00 PM **Sister Wives**
3.00 **7 Little Johnstons**
4.00 **Little People, Big World** Reality series.
5.00 **The Family Chantel**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **Unbelievable Me**
9.00 **Crack Addicts** Dr Colón treats a cane-bound woman with involuntary tremors.
10.00 **Awake Surgery**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Unbelievable Me**
2.00 **Sex Sent Me to the ER**
4.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Home Improvement**
9.00 **Friends** (S2&4)
11.00 **New Girl** (S3&4)
1.00 PM **Friends** (S2)
8.00 **Friends** 23/24. Phoebe catches chickenpox. With Charlie Sheen. **8.30** 24/24. Rachel attends her former fiance's wedding. (S2)
9.00 **Jack Whitehall Live** Stand-up performance.
10.00 **Rhod Gilbert: The Book of John** Stand-up comedy performance.
11.35 **Dylan Moran: Yeah, Yeah Live** Stand-up.
12.35 AM **David O'Doherty: Comedy Central Live**
1.05 **Ardal O'Hanlon: Comedy Central Live**
1.35 **Jack Whitehall Live**
3.20 **The Daily Show** New edition Talk show.
3.45 **Beavis and Butt-Head**
3.55 **New Girl** 2/22. (S4)
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Becker** 17-20/22. (S1)
11.00 **Guessable?**
12.00 NOON **Most Ridiculous**
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers: Dinner Party**
3.00 **Daria** 4&5/21. (S2)
4.00 **Becker** 19&20/22. (S1)
5.00 **Home Improvement**
6.00 **Last Man Standing**
7.00 **New Girl** Four episodes of the sitcom. (S3&4)
9.00 **Rhod Gilbert's Growing Pains** With guests Nish Kumar, Angela Barnes and Snoochie Shy.
10.00 **Friends** 7-12/24. (S2)
1.00 AM **The Ren & Stimpy Show** Double bill.
2.00 **South Park** (S22)
3.00 **Mike Judge's Beavis and Butt-Head**
3.45 **Fugget About It**
4.30 **Reno 911!** (S5)
5.15 **to 6.00** AM **Criminally Funny**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **999 Frontline**
12.00 NOON **Air Ambulance ER** Documentary.
1.00 PM **Stop, Search, Seize**
2.00 **Most Haunted**
4.00 **DC's Legends of Tomorrow** (S4)
6.00 **Primeval** 4&5/7. (S2)
8.00 **Stop, Search, Seize**
9.00 **Wolfe** 3/6. The team investigate when a billionaire is found dead. **10.00** 4/6. A fatberg holds the remains of a sadistic ritual killing. (S1)
11.00 **Elsbeth** 4/10. (S1)
12.00 M'T **999 Frontline**
1.00 AM **The Russell Howard Hour** Topical comedy.
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

6.00 AM **MTV Cribs**
6.25 **Teen Mom 2**
7.10 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Six editions
7.00 **Dallas Cowboys Cheerleaders** Kelli and Judy fight to announce the new squad.
8.00 **Catfish: The TV Show** Reign needs answers from Piers on why he suddenly vanished.
9.00 **My Posh Date** People from opposite ends of the class system go on dates to find out if love can bridge the divide.
10.00 **Billionaire Kids On Holiday** Following rich parents who provide the best for their offspring.
11.00 **Ink Master**
12.00 M'T **Ridiculousness**
1.00 AM **Ink Master**
3.10 **to 4.00** AM **Geordie Shore**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
7.00 **How Do They Do It?**
8.00 **Blowing Up History**
9.00 **How the Universe Works**
10.00 **Iron Resurrection**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Double bill of editions.
3.00 **Hoffman Family Gold**
4.00 **Edge of Alaska** The future of the town lies in the balance.
5.00 **Salvage Hunters** A tour through a museum of magic.
6.00 **Iron Resurrection** The Martins work on a 1967 Chevy C10.

9.00 Gold Rush: Mine Rescue

7.00 **Jeremy Wade's Dark Waters** The adventurer sets out on a journey to catch a man-sized pike in the lakes of Ireland.

8.00 **Wheeler Dealers** Mike Brewer gets his hands on one of the rarest BMWs ever made – a 1999 Z3 M Coupe.

9.00 **NEW SERIES Gold Rush: Mine Rescue with Freddy & Juan** The duo follow up with rescued miners.

10.00 **Hoffman Family Gold** New edition Anticipation grows for what could be the Hoffmans' all-time biggest gold weigh.

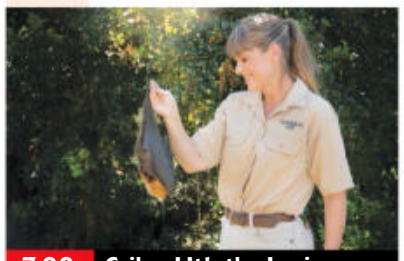
11.00 **Mighty Truckers** Lorry drivers from Germany, Italy and Holland share their journeys.
12.00 M'T **Mysteries of the Missing**
1.00 AM **Gold Rush: Mine Rescue with Freddy & Juan**
2.00 **Hoffman Family Gold**
3.00 **Gold Rush**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/178 178

8.00 AM **Animal Cribs**
9.00 **Crikey! It's the Irwins**
10.00 **Bad Dog!** A pizza-loving pug.
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Crikey! It's the Irwins**
2.00 **Guardians of Rescue**
3.00 **Animal Cops Houston** The officers try to save a horse.
4.00 **Dogs 101** The best canine travelling companions.
5.00 **Alaska: Homestead Rescue**
6.00 **Animal Cribs** Antonio Ballatore transforms a basement into a snake habitat.



7.00 Crikey! It's the Irwins

7.00 **Crikey! It's the Irwins** Moving day arrives for Acco, the zoo's biggest crocodile, but his mate Cassie goes into hiding.

8.00 **From Wags to Riches** Bill Berloni trains his dogs for a music video and he considers giving a second chance to another animal.

9.00 **Pit Bulls & Parolees: Tia's Tales** Tia, Tania and Mariah recall their biggest successes and losses.

10.00 **Alaskan Bush People** A major diagnosis leaves the Brown clan shaken, and forces everyone to re-evaluate their goals.

11.00 **Lair of the Killer Crocs** Following attempts to relocate crocodiles in Australia as their numbers rapidly grow.
12.00 M'T **Monster Croc Invasion**
1.00 AM **Alaskan Bush People**
2.00 **Dogs 101** As 4.00pm.
3.00 **Alaska: Homestead Rescue**
4.00 **to 5.00** AM **Animal Cribs**

+1 hour 262/278 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **WW2: Hell Under the Sea**
11.00 **Europe from Above**
12.00 NOON **Car S.O.S**
1.00 PM **Air Crash Investigation**
2.00 **Vikings: The Rise and Fall**
4.00 **Drain the Oceans** The American Mob's rise to power.
5.00 **Car S.O.S** A Bedford HA ice-cream van is restored.
6.00 **Nazi Megastructures** How a Nazi scientist developed the world's first long-range rockets.

9.00 Hitler's Death Squad

7.00 **Air Crash Investigation** A reconstruction of the Continental Express Flight 2574's accident in Texas in September 1991.

8.00 **NEW The Real Red Tails** The story behind a World War Two crash in Michigan, and the impact on the unit the pilot came from.

9.00 **Hitler's Death Squad** The story of Nazi soldiers who were charged with carrying out Hitler's plans for genocide.

10.00 **Hitler's Secret Underground Factory** Documenting the story of the revolutionary Messerschmitt ME 262.

11.00 **Air Crash Investigation**
12.00 M'T **Banged Up Abroad**
1.00 AM **America's Hardest Prisons** Documentary.
2.00 **Money Meltdown**
2.30 **Lords of War**
3.20 **Food Factory**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
7.00 **Container Wars**
8.00 **Rust Valley Restorers**
10.00 **Pawn Stars** Four editions.
12.00 NOON **Counting Cars** A 1978 Lincoln Continental Town Car. **1.00** PM Oldsmobile Cutlass.
2.00 **Battle 360** The US invasion of the Solomon Islands. **3.00** A CGI reconstruction of the Battle of Santa Cruz.
4.00 **Pawn Stars** Four editions.
6.00 **American Pickers** Robbie gets 'revved up' for a time-travel bike in Mississippi.

8.00 What on Earth?

7.00 **Forged in Fire** A crucial error sends one bladesmith home. Then the remaining three forge a historic hunting weapon.

8.00 **What on Earth?** New edition Documentary exploring anomalies appearing on satellite images.

9.00 **History's Greatest Mysteries** New edition New evidence that might reveal more about how and why the *Titanic* sank.

10.00 **NEW SERIES Secrets of the Hells Angels** A deep-dive into the world of the secretive and notorious biker club.

11.00 **Secrets of the Hells Angels** New edition The murder of Margo Compton and her six-year-old daughters.
12.00 M'T **Pawn Stars** Four editions.
2.00 AM **The UnXplained: Mysteries of the Universe**
3.00 **What on Earth?** As 8.00pm.
4.00 **to 6.00** AM **Counting Cars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Inside the Factory: How Our Favourite Foods Are Made** Double bill.
8.00 **Abandoned Engineering**
10.00 **WW2: Frontlines**
11.00 **Nazi Hunters**
12.00 NOON **Find It, Fix It, Flog It**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash: Restoring Classics** Double bill.
4.00 **WW2: Frontlines**
5.00 **Nazi Hunters**
6.00 **Antiques Roadshow** Fiona Bruce presents the show from Salisbury Cathedral.

8.00 Secrets of the London...

7.00 **Find It, Fix It, Flog It** In Norfolk, Simon and Henry discover a rare tandem disability scooter and a retro record player.

8.00 **Secrets of the London Underground** New edition Tim and Siddy explore the maintenance depot at Northumberland Park.

9.00 **Bangers & Cash** Paul and Charlie have the rare chance to pick up a trio of Austin Healeys in varying conditions.

10.00 **Bangers & Cash: Restoring Classics** The team fly the flag for King and country by buying a Rolls-Royce Silver Spirit.

11.00 **Abandoned Engineering** Exploring a battleground on the Pacific island of Peleliu.
12.00 M'T **Great American Railroad Journeys** Double bill.
1.00 AM **A Year on the Yorkshire Steam Railway** Documentary.
2.00 **to 3.00** AM **The Yorkshire Steam Railway: All Aboard**

+1 hour 255 329 74

7 PM

8 PM

9 PM

10 PM

Quest

144 834 137 12 172 167

6.00 AM **Fantomworks**
8.00 **American Pickers**
10.00 **The Repair Shop**
12.00 NOON **How Do They Do It?** Four editions.
2.00 PM **Find It, Fix It, Drive It** A vintage tractor.
3.00 **Find It, Fix It, Flog It**
5.00 **Wheeler Dealers**
7.00 **Salvage Hunters: Classic Cars**
8.00 **Salvage Hunters: The Restorers** Restoring a reclining library chair.
9.00 **The Yorkshire Auction House** A wife wants to get rid of thousands of comics that belong to her husband.
10.00 **Celebrity Yorkshire Auction House**
11.00 **The Repair Shop**
12.00 M'T **British Speedway**
1.00 AM **Wheeler Dealers**
3.00 **How Do They Do It?**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes... UK**
7.00 **Say Yes... Atlanta**
8.00 **Say Yes to the Dress**
10.00 **Say Yes... Lancashire**
11.00 **Betrayed**
12.00 NOON **Forensic Detectives**
1.00 PM **FBI Files**
2.00 **American Monster**
4.00 **Murder on CCTV**
5.00 **Disappeared**
7.00 **Judge Rinder's Crime Stories** Real-life cases.
8.00 **Murder on CCTV**
10.00 **NEW SERIES Fatal Affairs** A steamy affair between two teachers turns to tragedy.
11.00 **Signs of a Psychopath** New edition A missing person's report leads police to a psychopath.
12.00 M'T **Nightmare Next Door** Kathey Horn.
1.00 AM **Betrayed**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **48 Hours** The case of Rachael DelTondo, who was killed outside her home in Pennsylvania.
8.00 **Evidence of Evil** The case of a woman reported missing in 1998, only for her body to be found two days later.
9.00 **Nightmare Next Door** In New Mexico, Katie Sepich disappears after leaving a party, and is found dead in a landfill the following morning.
10.00 **Bloodline Detectives** Genealogy reveals the killer of a young mother.
11.00 **Fatal Vows** Double bill.
1.00 AM **Nightmare Next Door** As 9.00pm.
2.00 **Bloodline Detectives**
3.00 **Medical Detectives**
4.00 **48 Hours** As 7.00pm.
4.50 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **New Scotland Yard Files** Kenneth Erskine.
10.00 **A Stranger in My Home**
11.00 **Medical Detectives**
2.00 PM **New Scotland Yard Files** Laila Rezk.
3.00 **A Stranger in My Home**
4.00 **Medical Detectives** A Texas ex-con is arrested for a murder. **4.30** A British couple are reported missing. **5.00** A California career woman keeps falling ill and doctors cannot determine why. **5.30** Explanations for fog on the deadliest highway in America. **6.00** A 24-year old criminology student is found murdered. **6.30** The use of DNA evidence in solving crime.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Stop, Search, Seize**
8.00 **999 Frontline**
8.30 **Motorbike Cops**
9.00 **The Force: Manchester**
10.00 **Brit Cops**
11.00 **Killer in My Village**
12.00 NOON **The Beverley Allitt Tapes**
1.00 PM **Murders That Shocked the Nation**
2.00 **What the Killer Did...**
3.00 **World's Most Evil Killers**
4.00 **Catching the Killer**
5.00 **What the Killer Did Next** Nadine Aubras.
6.00 **Killer in My Village**
7.00 **Catching the Killer**
8.00 **Britain's Most Evil Killers**
9.00 **How I Caught the Killer** New edition
10.00 **Murders That Shocked...**
11.00 **World's Most Evil Killers**
12.00 M'T **Murdered at First Sight** Tashan Daniel.
1.00 AM **Britain's Most Evil...**
2.00 **to 6.00** AM **Highlights**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Grand Tours of Scotland** The Highlands.
8.55 **Vikings: The Rise and...**
9.55 **Britain's Great...**
10.50 **Countdown to War**
11.50 **The US and the...**
1.00 PM **Grand Tours of...**
1.40 **Vikings: The Rise and...**
2.35 **Britain's Great...**
3.35 **Countdown to War**
4.35 **The US and the...**
5.50 **Vikings: The Rise and Fall** Documentary.
6.45 **Britain's Great...**
7.45 **Countdown to War**
8.45 **The US and the Holocaust** The US is divided as World War Two begins.
9.55 **Britain's Great Cathedrals with Tony Robinson** The history of Liverpool Cathedral.
10.55 **Asteroid Rush** A look into the science behind the film *Don't Look Up*.
12.00 M'T **Countdown to War**
12.55 **to 2.00** AM **Grand Tours of Scotland**

TUESDAY

Tuesday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Story of Late Night**
7.00 **Discovering: Sigourney Weaver**
8.00 **The Directors**
8.55 **The Civil War**
10.00 **The Great Rhino Robbery**
11.00 **Murder in Boston: Roots, Rampage and Reckoning**
12.00 NOON **Quant**
1.50 PM **My Icon: Kadeen Corbin**
2.00 **Natalie Wood: What Remains Behind** A unique insight into the movie star's life.
4.00 **The Directors**
5.00 **Discovering: Sigourney Weaver**
5.55 **The Civil War**
7.00 **The Great Rhino Robbery**
8.00 **Murder in Boston: Roots, Rampage and Reckoning**
9.00 **David Holmes: The Boy Who Lived** The story of a stunt double who was left paralysed after an on-set accident.
10.50 **I Am Paul Walker** A profile of the *Fast and Furious* star.
12.40 AM **Jackie Stewart**
2.40 **Gabon: Earth's Last Chance**
4.30 **PL Legends: Robbie Fowler**
5.00 **to 6.00** AM **Discovering: Sigourney Weaver**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 **Monkey Life**
8.00 **City Wildlife Rescue**
9.00 **Animal Empires**
10.00 **Evolution Earth**
11.00 **Orangutan Jungle School**
12.00 NOON **Dawn to Dusk**
1.00 PM **Monkey Life**
2.00 **City Wildlife Rescue**
3.00 **Animal Empires**
4.00 **Orangutan Jungle School**
5.00 **Shark Squad**
6.00 **Dawn to Dusk**
7.00 **Monkey Life** Double bill.
8.00 **Islands** Hyenas claim the largest island in the Okavango Delta in Botswana, but must defend it.
9.00 **Africa's Hunters** A buffalo herd moves into a lion pride's territory.
10.00 **Dawn to Dusk** The animals of Asia during the summer solstice.
11.00 **Shark Squad**
12.00 M'T **Weird, Wild and Wonderful**
1.00 AM **Tales from Zambia**
2.00 **Islands**
3.00 **Africa's Hunters**
4.00 **City Wildlife Rescue**
5.00 **to 6.00** AM **Animal Empires**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Ships**
9.00 **Secrets in the Ice**
10.00 **History of Weapons**
11.00 **Ancient Aliens**
3.00 PM **Decoding the Past**
4.00 **Egypt's Unexplained Files**
5.00 **Secrets in the Ice**
6.00 **Dirty Old Cars**
7.00 **Combat Ships** The Battle of Trafalgar, a naval engagement contested in October 1805 between the British Royal Navy and the combined fleets of the French and Spanish Navies.
8.00 **History of Weapons** Experts look at the weapons that dominate from the skies.
9.00 **The Jack King Affair** How, between 1940 and 1945, an MI5 agent going by the name of Jack King infiltrated Fascist networks in Great Britain by posing as an undercover Gestapo officer.
10.00 **Ancient Aliens**
2.00 AM **Dirty Old Cars**
3.00 **Warriors**
4.00 **Egypt's Unexplained Files**
5.00 **to 6.00** AM **Decoding the Past**

Crime+Investigation

156 837 133

6.00 AM **On the Case**
7.00 **Homicide Hunter**
9.00 **What the Killer Did Next**
10.00 **Imperfect Murder**
11.00 **Motive to Murder**
12.00 NOON **Green Eyed Killers**
1.00 PM **Sin City Murders**
2.00 **Accident, Suicide or Murder?**
3.00 **Murder in the 21st**
4.00 **Murdertown**
5.00 **Interrogation Raw**
6.00 **Cold Case Files**
7.00 **The First 48**
8.00 **Imperfect Murder**
9.00 **Fatal Family Feuds** New edition
10.00 **NEW SERIES Secrets of the Hells Angels** The world of the notorious biker club. **11.00** New edition The murder of Margo Compton and her six-year-old twin daughters.
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Fatal Family Feuds**
2.00 **Nightmare in Suburbia**
3.00 **Accident, Suicide or Murder?**
4.00 **Green Eyed Killers**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Bizarre Animal Friends**
10.00 **Cesar Millan: Better Human Better Dog**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Living with Big Cats**
3.00 **Relentless Enemies**
4.00 **Secrets of the Zoo**
5.00 **Wicked Tuna**
6.00 **Snakes in the City**
7.00 **Yukon Vet**
8.00 **Wild Argentina** The country's environment and wildlife.
9.00 **Secrets of the Whales** How humpback calves learn their family's traditions.
10.00 **China's Wild Empire** Thousands of female chiru embark on a perilous journey.
11.00 **When Sharks Attack**
12.00 M'T **Alaska: The Next Generation** Documentary.
1.00 AM **Monster Fish**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Expedition Unknown**
7.00 **NASA's Unexplained Files**
8.00 **Blowing Up History**
9.00 **Combat Dealers**
10.00 **Salvage Hunters**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **Combat Dealers**
1.00 PM **How It's Made**
2.00 **NASA's Unexplained Files**
3.00 **Salvage Hunters**
4.00 **Finding Escobar's Millions**
5.00 **Greatest Events of World War II** The bombing of the German city of Dresden.
6.00 **Combat Dealers**
7.00 **Expedition Unknown**
8.00 **America: Facts vs Fiction**
9.00 **Combat Dealers: Reloaded**
10.00 **Salvage Hunters**
11.00 **Find It, Fix It, Flog It**
12.00 M'T **Greatest Events of World War II** Documentary.
1.00 AM **How It's Made**
2.00 **Salvage Hunters**
3.00 **America: Facts vs Fiction**
4.00 **to 5.00** AM **Find It, Fix It, Flog It**

+1 hour 277 381

Eden

166 176

9.00 AM **Chris Tarrant: Extreme Railways** As shown at 11.00pm.
10.00 **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
7.00 **Abandoned Engineering** Exploring Camp Hero in Long Island, and a Polish salt mine. **8.00** The Apollo Movie Theatre in Tbilisi, Georgia, an ornate shrine to Soviet propaganda. **9.00** Exploring Yongma Land – a South Korean dreamland given a second life from the most unlikely of places. **10.00** Old Joliet Prison, a battered facility near Chicago that descended into open war.
11.00 **Chris Tarrant: Extreme Railways** Chris sets out to cross Estonia, Latvia and Lithuania by rail in just one week.
12.00 M'T **Anthony Bourdain: Parts Unknown** Anthony explores the vibrant city of Lagos.
1.00 AM **Abandoned Engineering**
5.20 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

6.00 AM **Crime Scene Confidential**
7.00 **Teleshopping**
8.00 **A Killer's Mistake**
9.00 **The Murder Tapes**
11.00 **Murder in the Heartland**
1.00 PM **In Pursuit with John Walsh**
3.00 **Home Sweet Homicide**
5.00 **A Killer's Mistake**
6.00 **Forbidden: Dying for Love**
7.00 **Where Murder Lies** When a young man who was next in line to inherit a family ranch in Colorado went missing in 2015, an investigation revealed lies, greed and deceit.
8.00 **Disappeared** A look into the unpredictable twists and turns of missing person cases.
9.00 **A Crime to Remember** The story of the 1964 murder of millionaire Jacques Mossler.
10.00 **Evil Lives Here**
12.00 M'T **Blood Relatives**
2.00 AM **Disappeared**
3.00 **A Killer's Mistake**
4.00 **Forbidden: Dying for Love**
5.00 **to 6.00** AM **Where Murder Lies**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Vintage Voltage**
7.00 **Wheeler Dealers**
8.00 **Goblin Works Garage**
9.00 **Head 2 Head**
10.00 **Fifth Gear**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Shed and Buried**
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Fantomworks**
4.00 **Extreme RVs**
5.00 **Salvage Hunters: Classic Cars**
6.00 **Shed and Buried**
7.00 **Wheeler Dealers** Mike Brewer plans to bring a 1982 Toyota Supra into the modern era.
8.00 **Extreme RVs** Marathon Coach get to work on their most challenging RV to date.
9.00 **Million Dollar Wheels**
10.00 **Shed and Buried**
11.00 **Wheeler Dealers**
12.00 M'T **Extreme RVs**
1.00 AM **Texas Metal**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Twin Turbos**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.35 AM **Robin and the Hoods**
8.20 **Trolls Band Together** As 3pm.
10.00 **Under the Boardwalk** (2023)
11.30 **The Inventor** As 4.35pm.
1.15 PM **Robin and the Hoods** Comedy. (2024, PG) ★★
3.00 **Trolls Band Together** Animation. (2023, U) ★★★
4.35 **The Inventor** Animation. (2023, PG, 100min) ★★★
6.25 **Under the Boardwalk** Animated musical comedy. (2023, PG, 83min) ★★★

9.45 Night Swim

8.00 **Parallel** Fantasy thriller starring Danielle Deadwyler. Grief-stricken after the loss of her child, a woman meets a version of herself from a parallel universe. With Aldis Hodge. (2024, 15, 88min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Night Swim** Horror starring Wyatt Russell and Kerry Condon. A woman swimming in her pool at night is terrorised by an evil spirit. With Amélie Hoeferle and Jodi Long. (2024, 15, 98min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Jericho Ridge** Crime thriller starring Nikki Amuka-Bird, Zack Morris and Chris Reilly. (2023, 15, 87min) ★★★
1.10 AM **Concrete Utopia** South Korean drama starring Lee Byung-hun. Subtitled. (2023, 15, 130min) ★★★★
3.25 **Robin and the Hoods** (2024)
5.10 **to 7.25** AM **Concrete Utopia**

Sky Cinema Blockbusters

303 403 503 517

6.00 AM **Home** As 12.25am.
7.40 **Hitch** As shown at 10.15pm.
9.45 **Mission: Impossible – Dead Reckoning Part One** Thriller. (2023, 12, 163min) ★★★★
12.35 PM **Jaws** As 8.00pm.
2.45 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
4.40 **Gnomeo & Juliet** Animation. (2011, U, 83min) ★★★
6.15 **The Lego Movie** Animation with the voice of Chris Pratt. (2014, U, 100min) ★★★★★

8.00 Jaws

8.00 **Jaws** Steven Spielberg's thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Hitch** Romantic comedy starring Will Smith and Eva Mendes. A smooth-talking man forges a career as a 'date doctor', but when he falls in love, he discovers his expertise counts for nothing. (2005, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Home** Animation. (2014, U, 94min) ★★★
2.10 **The Lego Movie** As 6.15pm.
4.05 **Gnomeo & Juliet** As 4.40pm.
5.40 **to 7.35** AM **The Beekeeper** Thriller starring Jason Statham. (2023, 15, 105min) ★★★

Sky Cinema Drama

310 410 510 524

6.15 AM **A Street Cat Named Bob** Comedy drama starring Luke Treadaway and Ruta Gedmintas. (2016, 12, 103min) ★★★
8.05 **Steel Magnolias** Comedy drama. (1989, PG, 115min) ★★★★
10.10 **All That Jazz** As 5.30am.
12.20 PM **The Danish Girl** As 10.05pm.
2.25 **Sleepless in Seattle** Romantic comedy starring Tom Hanks. (1993, PG, 105min) ★★★★★
4.15 **Emma** Jane Austen adaptation. (1996, U, 120min) ★★★★
6.20 **Bridget Jones's Diary** Romantic comedy with Renée Zellweger, Colin Firth and Hugh Grant. (2001, 15, 96min) ★★★★
8.00 **Bridget Jones's Baby** Romantic comedy sequel starring Renée Zellweger and Colin Firth. (2016, 15, 123min) ★★★
10.05 **The Danish Girl** Period drama starring Eddie Redmayne, Alicia Vikander and Ben Whishaw. (2015, 15, 117min) ★★★
12.10 AM **A Love Song** Drama. (2022, PG, 81min) ★★★
1.35 **Emma** As shown at 4.15pm.
3.40 **Sleepless in Seattle** As 2.25pm.
5.30 **to 7.40** AM **All That Jazz** Semi-autobiographical musical fantasy from Bob Fosse. (1979, 15, 123min) ★★★

Sky Cinema Sci-fi

311 411 511 525

7.15 AM **Friendship's Death** (1987)
8.45 **Cinema List: Creature Features**
9.00 **The Accursed** Horror thriller. (2022, 15, 90min) ★★
10.55 **The Lawnmower Man** Sci-fi thriller. (1992, 15, 105min) ★★★
1.25 PM **Simulant** Sci-fi thriller. (2023, 15, 95min) ★★★
3.15 **The Matrix Reloaded** Sci-fi action thriller sequel. (2003, 15, 137min) ★★★★
5.45 **The Matrix Revolutions** Sci-fi action thriller sequel starring Keanu Reeves. (2003, 15, 129min) ★★★
8.00 **Star Trek Beyond** Sci-fi adventure starring Chris Pine. (2016, 12, 122min) ★★★★
10.10 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise and Emily Blunt. A soldier fighting against an alien army is repeatedly killed and brought back to life to relive the same battle. (2014, 12, 113min) ★★★★
12.05 AM **Ex Machina** Sci-fi drama. (2014, 15, 104min) ★★★★
1.55 **Midnight Special** Adventure. (2015, 12, 109min) ★★★★
3.50 **Friendship's Death** Sci-fi drama. (1987, 15, 78min) ★★★
5.10 **to 6.55** AM **Ghosts of Mars** Thriller. (2001, 15, 97min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.30 AM **Cinema List: Family...**
7.55 **Mee-Shee: The Water Giant**
9.45 **Cinema List: Family Favourites**
10.00 **Goosebumps** Fantasy. (2015, PG, 103min) ★★★
12.00 NOON **Pan** Fantasy prequel. (2015, PG, 111 min) ★★★
2.05 PM **Finding Neverland** (2004)
4.00 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
6.20 **The Lord of the Rings: The Fellowship of the Ring** Epic fantasy. (2001, PG) ★★★★★

6.20 The Fellowship of the Ring

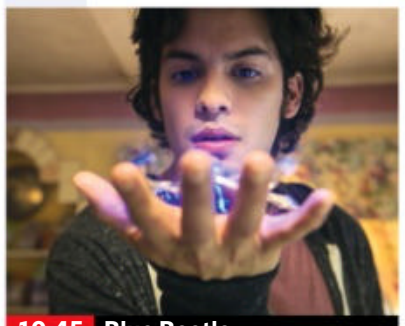
The Lord of the Rings: The Fellowship of the Ring (film started at 6.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **The Next Karate Kid** Martial arts adventure sequel with Noriyuki 'Pat' Morita and Hilary Swank. A rebellious teenage girl is taken under the wing of a wise karate instructor. (1994, PG, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.30 **Finding Neverland** Period drama starring Johnny Depp. (2004, PG, 101 min) ★★★★
1.25 AM **The Horse Dancer** Family drama starring Sophie Bolen. (2017, PG, 114min) ★★★
3.30 **Mee-Shee: The Water Giant** Family fantasy adventure starring Bruce Greenwood. (2005, PG, 94min) ★★★
5.20 **to 7.05** AM **Robo-Dog** Family sci-fi adventure. (2015, PG, 87min) ★★★

Sky Cinema Action

307 407 507 521

7.10 AM **Project A** As 3.25am.
9.05 **Pompeii** As 5.20am.
11.05 **Shazam! Fury of the Gods** Superhero adventure sequel. (2023, 12, 130min) ★★★
1.30 PM **Gladiator** Director Ridley Scott's historical epic. (2000, 15, 154min) ★★★★
4.10 **A Knight's Tale** Medieval romantic action comedy. (2001, PG, 132min) ★★★
6.25 **Retribution** Action thriller. (2023, 12, 91 min) ★★



10.45 Blue Beetle

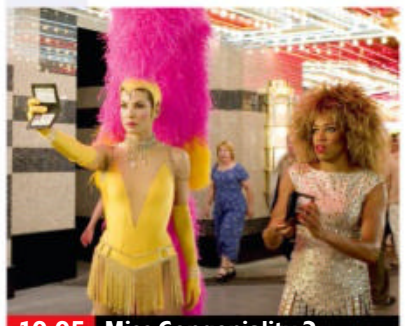
8.00 **2012** Epic disaster movie starring John Cusack, Chiwetel Ejiofor and Amanda Peet. A struggling writer strives to get his family to safety after he learns of an impending global catastrophe. With Thandie Newton, Woody Harrelson and Oliver Platt. (2009, 12, 158min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 **Blue Beetle** Fantasy starring Xolo Maridueña and Bruna Marquezine. An ancient relic of alien biotechnology chooses a college graduate as its symbiotic host. (2023, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
1.05 AM **A Knight's Tale** As 4.10pm.
3.25 **Project A** Martial arts thriller. (1985, 12, 72min) ★★★
5.20 **to 7.15** AM **Pompeii** Disaster movie. (2014, 12, 104min) ★★

Sky Cinema Comedy

308 408 508 522

7.30 AM **Confess, Fletch** (2022)
9.15 **Fletch Lives** As 2.25am.
10.55 **Galaxy Quest** Sci-fi comedy. (1999, PG, 102min) ★★★★
12.50 PM **My Big Fat Greek Wedding 2** Romantic comedy sequel. (2016, 12, 94min) ★★
2.40 **The Big Chill** Comedy drama. (1983, 15, 115min) ★★★★
4.40 **Confess, Fletch** Comedy thriller. (2022, 15) ★★★★
6.25 **Johnny English** Comedy. (2002, PG, 88min) ★★★



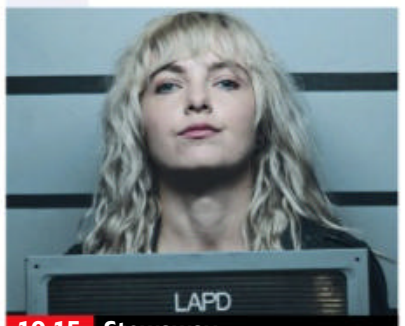
10.05 Miss Congeniality 2

8.00 **Being John Malkovich** Surreal comedy starring John Cusack, Cameron Diaz and Catherine Keener. A frustrated puppeteer turned filing clerk finds a portal into the mind of actor John Malkovich. (1999, 15, 112min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.05 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel starring Sandra Bullock. FBI agent Gracie Hart becomes a media celebrity, until the kidnapping of her friend, the reigning Miss United States, reawakens her crime-fighting instincts. (2005, 12, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.15 AM **Boomerang** Romantic comedy. (1992, 15, 117min) ★★
2.25 **Fletch Lives** Comedy thriller. (1989, PG, 95min) ★
4.15 **to 6.20** AM **Kingpin** Comedy. (1996, 12, 114min) ★★★

Sky Cinema Thriller

309 409 509 523

7.15 AM **Mona Lisa and the Blood Moon** As 3.20am.
9.10 **Naked Singularity** As 5.10am.
11.00 **Maggie Moore(s)** Comedy thriller starring Jon Hamm. (2023, 15, 99min) ★★★
12.45 PM **State of Play** Political thriller starring Russell Crowe. (2009, 12, 127min) ★★★★
3.00 **Vanilla Sky** Romantic fantasy. (2001, 15, 136min) ★★★
5.20 **The Firm** Legal thriller. (1993, 15, 155min) ★★★



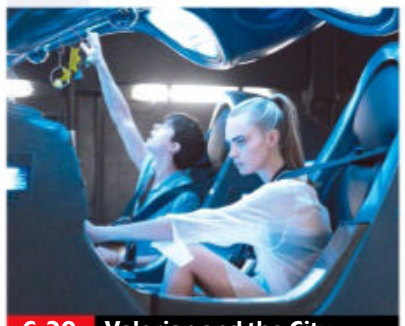
10.15 Stowaway

8.00 **Miami Vice** Crime thriller based on the 1980s TV cop series, starring Colin Farrell, Jamie Foxx and Gong Li. A pair of undercover cops infiltrate a ruthless drug smuggling cartel in order to catch the killers of two federal agents. (2006, 15, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.15 **Stowaway** Thriller starring Ruby Rose. A tenacious party girl fights to survive after three thieves commandeer her yacht. (2022, 15, 94min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.55 **Unhinged** Psychological thriller. (2020, 15, 90min) ★★★
1.30 AM **Antebellum** Horror. (2019, 15, 105min) ★★
3.20 **Mona Lisa and the Blood Moon** Mystery thriller. (2021, 15, 106min) ★★★★
5.10 **to 6.55** AM **Naked Singularity** Crime comedy. (2021, 15, 93min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Playing with Fire** Comedy. (2019, PG, 96min) ★★
12.55 PM **Jingle All the Way** Action comedy. (1996, PG) ★★★
2.40 **Turner & Hooch** Comedy. (1989, PG, 99min) ★★★
4.40 **Hue and Cry** Classic comedy. (1946, b/w, U, 82min) ★★★
6.20 **Valerian and the City of a Thousand Planets** Sci-fi adventure with Dane DeHaan. (2017, 12, 136min) ★★★



6.20 Valerian and the City...

Valerian and the City of a Thousand Planets (film started at 6.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Old** M Night Shyamalan's horror starring Gael García Bernal and Vicky Krieps. A vacationing family discover that the secluded beach where they are relaxing is somehow causing them to age rapidly. (2021, 15, 108min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.10 **Glass** Fantasy thriller starring James McAvoy, Bruce Willis and Samuel L Jackson. Three men with superhuman abilities end up in a psychiatric hospital, where a doctor has sinister plans. With Sarah Paulson (2019, 15, 129min) ★★★
1.45 **to 3.40** AM **#Horror** Crime horror starring Emma Adler. (2015, 18, 101 min) ★★

11 PM

+1 hour 314 430 47 301

Sky Cinema Adventure

302 402 502 516

6.40 AM **Annie** Musical with Albert Finney. (1982, U, 128min) ★★★
8.50 **Swallows and Amazons** Drama. (2016, PG, 95min) ★★★★
10.35 **The Legend of Zorro** Swashbuckling adventure sequel. (2005, PG, 130min) ★★★
12.50 PM **The Addams Family** Comedy. (1991, PG) ★★★★
2.40 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★
4.30 **The Hangover Part II** Comedy sequel. (2011, 15, 101 min) ★★
6.15 **The Hangover Part III** Dark comedy sequel starring Bradley Cooper. (2013, 15, 100min) ★★
8.00 **Batman Begins** Dark comic-book thriller tracing the origins of Batman, with Christian Bale, Liam Neeson, Cillian Murphy and Michael Caine. (2005, 12, 140min) ★★★★★
10.25 **Mad Max: Fury Road** Sci-fi thriller starring Tom Hardy. (2015, 15, 120min) ★★★★★
12.30 AM **RoboCop** Paul Verhoeven's futuristic comic-book thriller. (1987, 18, 103min) ★★★★★
2.30 **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
4.45 **to 6.45** AM **The Portable Door** Fantasy adventure starring Sam Neill. (2023, PG, 130min) ★★★

Sky Cinema Greats

304 404 504 518

6.00 AM **Marnie** As 4.00am.
8.15 **Patch Adams** As 4.10pm.
10.15 **The Sugarland Express**
12.15 PM **Drop Dead Fred** Comedy starring Rik Mayall and Phoebe Cates. (1991, 12, 99min) ★★
2.10 **Mad Max** As 10.30pm.
3.50 **The Cinema List: True Stories**
4.10 **Patch Adams** Fact-based comedy drama starring Robin Williams. (1998, 12, 115min) ★★
6.10 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy. (1984, 15, 105min) ★★★★
8.00 **Inception** Christopher Nolan's sci-fi thriller starring Leonardo DiCaprio. A spy assembles a team to infiltrate the dreams of a billionaire, but his own guilty dreams of his dead wife threaten to sabotage the mission. (2010, 12, 148min) ★★★★★
10.30 **Mad Max** Cult thriller starring Mel Gibson and Joanne Samuel. (1979, 15, 93min) ★★★★★
12.05 AM **American Gigolo** Thriller. (1980, 18, 117min) ★★★
2.05 **The Sugarland Express** Steven Spielberg's comedy drama. (1974, PG, 110min) ★★★
4.00 **to 6.15** AM **Marnie** Hitchcock's classic psychological thriller. (1964, 15, 130min) ★★★★

Sky Cinema Animation

305 412 500 514

6.20 AM **Lego DC Batman: Family...**
7.50 **Rock Dog** Animated adventure. (2016, PG, 90min) ★★★
9.30 **The Snow Queen 3: Fire & Ice**
11.15 **Spy Cat** Animated comedy. (2018, U, 92min) ★★
12.55 PM **The Rugrats Movie** Children's animated comedy. (1998, U, 80min) ★★★
2.25 **Storks** Animated adventure. (2016, U, 87min) ★★★
4.00 **The Secret Life of Pets** Animated family adventure. (2016, U, 83min) ★★★
5.35 **Extinct** Animated adventure. (2021, U, 84min) ★★★
7.10 **The Pirates! In an Adventure with Scientists** Comedy. (2012, U, 87min) ★★★★
8.45 **Mummies** Animated comedy. (2023, U, 88min) ★★★
10.20 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** Animated adventure. (2022, PG, 79min) ★★★
11.45 **Mia and Me: The Hero of Centopia** Live-action adventure. (2022, U, 85min) ★★★
1.25 AM **Lego DC Batman: Family Matters** (2019, U) ★★★
2.55 **The Snow Queen 3: Fire & Ice** Animated sequel. (2016, PG) ★★
4.40 **to 6.15** AM **Extinct** As 5.35pm.

Movies 24

312 419

7.00 AM **The Sweetest Heart** Drama. (2018, PG, 82min) ★★
9.00 **One December Night** Festive drama. (2021, PG, 84min) ★★
11.00 **An American In Austen** Comedy. (2024, PG, 84min) ★★
1.00 PM **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
3.00 **The Song to My Heart** Romantic drama starring Lanie McAuley. (2022, PG, 85min) ★★
5.00 **Caribbean Summer** Romantic comedy. (2022, PG, 84min) ★★
7.00 **Mr Pawsitively Perfect** Drama starring Christine L Nguyen. (2023, PG, 90min) ★★
9.00 **The Engagement Back-Up** Romantic comedy starring Elise Gatien and Preston Vanderslice. A historian must pretend to be engaged to a tech mogul's son to rescue her late father's naval museum. (2022, PG, 91 min) ★★
11.00 **Sweet Pecan Summer** Drama. (2021, PG, 84min) ★★
1.00 AM **Heart of the Matter** Drama starring Aimee Teegarden. (2022, PG, 85min) ★★
3.00 **to 5.00** AM **Romantic Rewrite** Romantic comedy drama. (2022, PG, 82min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **What's On TPTV with Noel**
6.10 **The Lone Wolf Keeps a Date** Thriller. (1941, b/w, PG) ★★
7.30 **Captain Scarlett** (1952, U) ★★
9.05 **Shadows on the Stairs** Mystery. (1941, b/w, PG, 63min) ★★
10.20 **Bailout at 43,000** Drama. (1957, b/w, U, 78min) ★★★
12.00 NOON **Worzel Gummidge** (S2)
12.35 PM **Meet Simon Cherry** Mystery. (1949, b/w, PG, 67min) ★★★
1.55 **Glimpses**
2.15 **Ruth Ellis and the Mystery Lover** Documentary.
3.50 **Please Sir!** (1971, PG) ★★★
5.55 **The Beverly Hillbillies** (S1)
6.30 **Scotland Yard** 31/39. (S1)
7.05 **Batman** 3/34. (S1)
7.35 **Dangerous Assignment** (S1)
8.05 **Rumpole of the Bailey** (S1)
9.10 **King Kong Lives** Monster movie sequel. (1986, PG, 100min) ★
11.15 **Cellar Club with Caroline Munro**
11.20 **Visiting Hours** Horror thriller. (1981, 18, 105min) ★★
1.30 AM **Cellar Club with Caroline...**
1.35 **The Power** Horror starring Suzy Stokey. (1984, 18, 84min) ★★★
3.20 **Cellar Club with Caroline Munro**
3.25 **The Shakedown** Crime thriller. (1959, b/w, 15, 92min) ★★
5.15 **Look at Life**
5.25 **to 6.00** AM **For the Love of Ada**

Tuesday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **The Football Show**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
2.30 LIVE **The Hundred Northern Superchargers v London Spirit.** Coverage of the women's match taking place at Headingley, Leeds. Start-time **3.00pm**.
6.00 **Sky Sports News at 6** The latest sports news and updates.
7.00 **EFL Cup Build-Up** A look ahead to tonight's Carabao Cup action.
7.35 **Gillette Labs Soccer Special** The latest updates and goal alerts from this evening's football matches across the country.
10.30 LIVE **WTA & ATP Tennis** Coverage of day one of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Centre in Mason, Ohio.
12.00 M'T LIVE **WTA & ATP Tennis** Further coverage of day one of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Centre in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years** | A look at memorable moments from the 2005/2006 season.
3.00 **PL Retro** Wigan Athletic v Arsenal from 2010.
5.00 **PL 100: Jimmy Floyd Hasselbaink** Jimmy Floyd Hasselbaink's top-flight goals.
5.30 **PL 100: Peter Crouch** An interview with Peter Crouch.
6.00 **Goals of the Season** The best goals of the 2023/24 season.
7.00 **Gillette Labs Soccer Special** The latest updates and goal alerts from this evening's matches.
10.30 **Premier League Years**
12.30 AM **PL 100: Jimmy Floyd Hasselbaink** Top-flight goals.
1.00 **PL Retro** Leicester City v West Ham United from 2016.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **EFL Cup Highlights**
11.30 **EFL Trophy Football**
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga**
1.30 **EFL Highlights**
2.30 **Scottish Premiership Round-Up** Action from the opening round of fixtures.
2.45 **SPFL Highlights**
3.00 **EFL Highlights**
4.30 **Bundesliga** A review of the 2023-2024 Bundesliga season.
5.30 **EFL Cup Highlights** Action from Chelsea v Liverpool in the final.
6.30 **Best Goals: EFL Cup 23/24**
7.00 LIVE **EFL Cup Sheffield United v Wrexham.** Coverage of the first-round tie staged at Bramall Lane. Kick-off **8.00pm**.
11.00 **Mission to Burnley** The story of Burnley FC under the ownership of a group of Americans.
12.00 M'T **EFL Cup Highlights**
12.30 AM **EFL Greatest Games**
1.00 **Championship Retro**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro**
5.00 **to 6.00** AM **EFL**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **The Hundred** Action from the women's match between Oval Invincibles and London Spirit. **9.30** Action from the men's match between Oval Invincibles and London Spirit.
1.00 PM **The Hundred Bitesize**
2.30 LIVE **The Hundred Northern Superchargers v London Spirit.** Coverage of the women's match taking place at Headingley, Leeds. Start-time **3.00pm**.
6.00 LIVE **The Hundred Northern Superchargers v London Spirit.** Coverage of the men's match at Headingley. Start-time **6.30pm**.
9.30 **The Hundred Bitesize** Brief highlights of the men's match between Northern Superchargers and London Spirit. **9.45** Brief highlights of the women's match between Northern Superchargers and London Spirit.
10.00 **The Hundred** Action from the women's match between Northern Superchargers and London Spirit. **1.30** AM Action from the men's match between Northern Superchargers and London Spirit.
5.00 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 515 505 423 443

6.00 AM **Nick Dougherty's Tee Time Tips** Expert advice.
10.00 **PGA Tour Golf**
11.00 **Nick Dougherty's Winter Tee Time Tips 2022**
12.00 NOON **Nick Dougherty's Tee Time Tips** Expert advice.
4.00 PM **Nick Dougherty's Winter Tee Time Tips 2022**
5.00 **Nick Dougherty's Tee Time Tips**
6.00 **PGA Tour Golf** Highlights from the Wyndham Championship.
7.00 **Europe! Europe!** The story of Europe's back-to-back success in the Solheim and Ryder Cups.
9.00 **PGA Tour Golf** Highlights.
10.00 **Nick Dougherty's Winter Tee Time Tips 2022** Expert advice.
11.00 **Nick Dougherty's Tee Time Tips** Expert advice.
3.00 AM **Nick Dougherty's Winter Tee Time Tips 2022**
4.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **Tennis** Action from the Mubadala Citi DC Open finals. **8.00** A look back at action from the ATP Canadian Open final. **10.00** Highlights of the WTA Canadian Open final.
12.00 NOON **Tennis** A look back at action from the ATP Canadian Open final in Montreal. **2.00** PM Highlights of the WTA Canadian Open final.
4.00 LIVE **WTA & ATP Tennis** Day one of the Cincinnati Open, taking place at Lindner Family Tennis Centre in Mason, Ohio.
4.00 AM **US Open Classic Matches**
4.45 **Billie Jean King: My Story**
5.00 **to 6.00** AM **Tennis**

TNT Sports 1

410 870 527 408 430

6.00 AM **Fishing: On the Bank**
7.00 **Henley Royal Regatta**
10.00 **The FA Disability Cup**
11.00 **Sign Up – Into Football**
12.00 NOON **UEFA Europa League & Conference League Magazine**
2.00 PM **UEFA Champions League Magazine** Season review.
3.00 **Tom Aspinall's Fight Lab** A preview of UFC 305 at RAC Arena in Perth, Australia.
3.45 **Sign Up – Into Football** Highlights and analysis from the groundbreaking series.
4.00 **Fishing: On the Bank** A look at the 2016 European Float Fishing Championships.
5.00 **MLB Highlights** Action from Major League Baseball.
6.00 **Test Cricket Highlights** Action from West Indies v South Africa.
8.00 **Ariel Helwani Meets** Combat sport journalist Ariel Helwani sits down with WWE star Cody Rhodes.
9.00 **WWE Monday Night Raw**
11.30 **Ariel Helwani Meets**
12.00 M'T LIVE **MLB** Coverage of a Major League Baseball match.
3.15 AM **West Indies v England – Cricket Classics**
5.45 **to 6.00** AM **What I Wore**

TNT Sports 2

411 871 528 409 431

6.00 AM **T20 Cricket Highlights**
9.00 **AFL** Fremantle v Geelong Cats. **11.00** Essendon v Gold Coast Suns. **1.00** PM Action from Melbourne v Port Adelaide.
3.00 **MotoGP Highlights** Action from the 2016 Grand Prix of Austria.
4.00 **MotoGP Classics** Action from the 2017 Austrian Grand Prix.
5.00 **UEFA Champions League Greatest Nights** Some of Celtic's most unforgettable matches. **6.00** Some of Liverpool's most unforgettable matches in the Champions League.
7.00 **Wembley Stadium: A Stage For Icons** The history and iconic moments at the home of football.
7.45 **MLB Highlights** Action from Major League Baseball.
8.45 **Tom Aspinall's Fight Lab** A preview of UFC 305 at RAC Arena in Perth, Australia.
9.30 **Fight Week**
10.15 **UFC: The Ultimate Fighter**
11.15 **UFC Reloaded**
1.00 AM **UFC Reloaded**
3.30 **Fight Week**
4.15 **Tom Aspinall's Fight Lab**
5.00 **to 6.00** AM **Premier League Legends**

TNT Sports 3

417 874 529 410 432

6.00 AM **Classic Premier League** Back-to-back action, including at: **9.00** A look back at the top goals from the 2013/14 season. **10.00** The most memorable goals from the 2014/15 season. **11.00** A look back at the top goals from the 2015/16 season. **12.00** NOON A look back at the 2016/17 Premier League season.
1.00 PM **Premier League Review** Back-to-back action, including at: **5.00** Including Liverpool v Chelsea. **6.00** Featuring action from Everton v Tottenham Hotspur. **7.00** Including action from Manchester City v Everton. **8.00** Including Manchester City v Chelsea and Brentford v Liverpool.
9.00 **Premier League Stories** A look at officiating at the highest level.
9.30 **Premier League Preview**
10.30 **Pre-Season Football** Tottenham Hotspur v Bayern Munich.
11.30 **Test Cricket Highlights** West Indies v South Africa.
1.30 AM **West Indies v England: Cricket Classics**
4.00 **The Football's On**
5.00 **to 6.00** AM **Down the Clubhouse**

Sky Sports Action

408 517 507 426 446

6.00 AM **Fight Night International**
8.00 **NFL Highlights**
9.00 **Fight Night International**
10.00 **NFL Highlights**
11.00 **Fight Night International**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **Fight Night** Chelli v Simpson.
4.00 **NFL Highlights** Minnesota Vikings v San Francisco 49ers from the 2023/24 season. **5.00** Buffalo Bills v Dallas Cowboys from the 2023/24 season.
6.00 **NBC's Pro-Football Talk**
8.00 **Fight Night International** Action from the bout between Raymond Muratalla v Tevin Farmer.
9.00 **Top Rank Boxing Archive** Action from Floyd Mayweather v Diego Corrales from 2001.
10.00 **NFL Highlights** Kansas City Chiefs v Los Angeles Chargers from the 2023/24 season. **11.00** Action from Philadelphia Eagles v New York Giants from the 2023/24 season.
12.00 M'T **The Insiders**
1.00 AM **NBC's Pro-Football Talk**
3.00 **NFL Bitesize Highlights**
5.00 **to 6.00** AM **Fight Night International**

Sky Sports Mix

416 873 510 429 449

6.00 AM **NFL Highlights**
8.00 **Top Rank Boxing Archive**
9.00 **Fight Night** Wardley v Clarke.
10.00 **PGA Tour Golf** Highlights.
11.00 **Nick Dougherty's Winter Tee Time Tips 2022** Expert advice.
12.00 NOON **Tennis** San Diego Open.
1.00 PM **The Hundred Bitesize**
2.30 LIVE **The Hundred Northern Superchargers v London Spirit.** The women's match at Headingley, Leeds. Start-time **3.00pm**.
6.00 LIVE **The Hundred Northern Superchargers v London Spirit.** Coverage of the men's match at Headingley. Start-time **6.30pm**.
9.30 **The Hundred Bitesize**
10.00 **Tennis** WTA National Bank Open.
12.00 M'T **Formula 1** From Monaco.
1.00 AM **Nick Dougherty's Tee Time Tips** Expert advice.
3.00 **NFL Highlights**
4.00 **Fight Night**
5.00 **to 6.00** AM **Top Rank Boxing Archive**

TNT Sports 4

421 876 530 411 434

6.00 AM **NWSL** Seven editions.
1.00 PM **MLB Highlights**
2.00 **GT20 Cricket** Four editions.
6.00 **Formula E Flashback** A look back at the 2016 London ePrix at Battersea Park Street Circuit.
6.30 **Formula E Unplugged** A look at the Andretti Global team.
7.00 **Crouchy and Cole** The duo join fans at Alexandra Palace. **7.45** The duo compete to see who has the better futsal skills.
7.30 **West Indies v England – Cricket Classics** Action from day one of the first Test between West Indies and England in Kingston from 1998.
8.00 **AFL** Fremantle v Geelong Cats. **10.00** Essendon v Gold Coast Suns. **12.00** M'T Action from Melbourne v Port Adelaide.
2.00 AM **Formula E Flashback**
3.00 **UEFA Champions League Greatest Nights**
4.00 **to 6.00** AM **MLB Classic**

Eurosport 1

413 868 521 412 435

6.00 AM **Cycling**
7.00 **Tour de France: Breakaway**
7.30 **Porsche Supercup**
8.30 LIVE **Cycling: Tour de France Femmes** Coverage of stage two.
11.15 **Cycling**
2.30 PM LIVE **Cycling: Tour de France Femmes** Stage three.
5.15 **Cycling**
5.30 **Climbing Show**
6.00 **Olympic Games Paris 2024: Best of Team GB**
8.00 **Cycling**
9.00 **Tour de France: Breakaway**
9.30 **Cliff Diving**
10.30 **Ultra Trail: World Tour**
11.30 **Cycling**
12.30 AM **Tour de France: Breakaway**
1.00 **Climbing Show**
1.30 **Teqball Show**
2.00 **Cycling**
3.00 **Tour de France: Breakaway**
3.30 **World Superbikes**
5.30 **to 6.30** AM **Cycling: Tour de France Femmes**

Eurosport 2

414 869 522 413 436

6.00 AM **Cliff Diving**
7.00 **Motocross World Championship**
11.00 **World Superbikes**
1.00 PM **British Superbikes**
2.00 **British Superbikes Extra**
3.00 **Olympic Games Paris 2024: Best of Team GB**
5.00 **British Speedway**
6.00 **Powerboat Racing World Championship**
6.55 **Motorsport: ESET V4 Cup**
7.10 **World Superbikes**
7.15 **Sailing: Spirit of Yachting**
7.45 **Triathlon PTO Tour**
11.00 **British Speedway**
12.00 M'T **Motocross World Championship**
2.00 AM **Olympic Games Paris 2024: Best of Team GB**
4.00 **Cycling: Tour de France Femmes**
5.00 **Cycling: Tour de France Femmes – The Breakaway**
5.30 **to 6.30** AM **Speedway Grand Prix**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **The Football Show**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
4.00 LIVE **WTA & ATP Tennis** Coverage of day one of the Cincinnati Open at Lindner Family Tennis Centre in Mason, Ohio.
7.00 **EFL Cup Build-Up**
7.35 LIVE **EFL Cup Preston North End v Sunderland.** Coverage of the first-round match at Deepdale. Kick-off **7.45pm**.
10.00 **Mission to Burnley**
11.00 LIVE **WTA & ATP Tennis** Coverage of day one of the Cincinnati Open at Lindner Family Tennis Centre in Mason, Ohio.
12.00 M'T LIVE **WTA & ATP Tennis** Further coverage of day one of the Cincinnati Openo.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

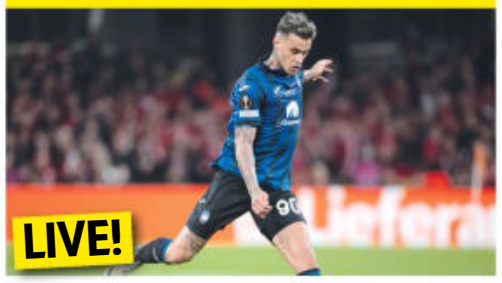
6.00 AM **The Home of F1**
11.00 **Remembering Ratzenberger**
11.30 **The F1 Show**
12.30 PM **Formula 1** The Monaco Grand Prix qualifying session.
2.30 **Ted's Notebook**
3.00 **Formula 1** Build-up to the Monaco Grand Prix. **4.25** The Monaco Grand Prix. **6.30** Reaction and analysis from the Monaco Grand Prix.
7.30 **Ted's Notebook**
8.00 **Formula 1** Monaco Grand Prix.
11.15 **Ted's Notebook**
11.45 **Russell & The Typhoons**
12.00 M'T **Formula 1**
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Wednesday 14 August

Evening Planner

Football



Super Cup
TNT Sports 1, kick-off 8pm
Spanish giants Real Madrid, the winners of last season's Champions League, face Europa League champions Atalanta.

Cookery

The Big Brunch
U&W, 8.10pm
Actor Dan Levy (*Schitt's Creek*) hosts this eight-part contest in which 10 talented chefs compete to win a $300,000 prize.

Entertainment

Celebrity Race Across the World
BBC1, 9pm
Model Kelly Brook and her husband are travelling from the Amazon to the Andes.

OnDemand

tv+

Bad Monkey
Available today
Vince Vaughn is a former Miami cop, now working as a restaurant inspector, who spots a chance to get his old job back.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 Celebrity Race Across the World		10.00 News; Local News	10.40 UEFA...
102 BBC2	◂ 6.15 The Hundred – Live: Trent Rockets Men v Oval Invincibles Men (Start-time 6.30)					9.30 Live at the...	10.00 Miranda	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Crime		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It...		9.00 Emergency		10.00 Gogglebox: Celebrity Special for SU2C	
105 CHANNEL 5	7.00 Cumbria: The Lakes & the Coast		8.00 The Motorway		9.00 Cause of Death		10.00 Casualty 24/7: Every Second Counts	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 An Idiot Abroad 2		9.00 Mr Bigstuff	9.30 Alan Carr: Regional Trinket		
ENTERTAINMENT								
115 BBC3	7.00 Top Gear		8.00 Shark Tank: Dragons' Den US		9.00 Kidnapped: The Chloe Ayling Story		10.00 Suits	
116 BBC4	7.00 Great British...	7.30 Gareth...	8.00 Pole to Pole		9.00 The Fairytale Castles of King Ludwig II with Dan...		10.15 The Inspector Lynley...	
118 ITV2	7.00 Ant & Dec's Limitless Win		8.00 Bob's Burgers		9.00 Family Guy		10.00 Plebs	
136 MORE4	◂ 6.55 Car S.O.S.		7.55 The Dog House		9.00 Great British Home Restoration		10.00 999: On the Front Line	
135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 Below Deck Adventure		9.00 Gogglebox		10.05 First Dates	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 Fire Country		10.00 9-1-1	
108 SKY ATLANTIC	◂ 6.55 Britannia		7.55 Game of Thrones		9.00 The Last of Us		10.15 Big Little Lies	
110 GOLD	◂ 6.50 Dad's Army		8.00 dinnerladies	8.40 Only Fools and Horses			10.00 Not Going Out	
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 David Mitchell's Outsiders	
119 ITV3	7.00 Heartbeat		8.00 Midsomer Murders				10.00 Cracker	
120 ITV4	◂ 6.55 The Chase Celebrity Special		8.00 Monster Carp		9.00 Film: Tomorrow Never Dies			
112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre: Live & Laughing		10.00 Al Murray: Beautiful British Tour...	
139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Film: Ice Storm			
113 SKY MAX	7.00 Stargate SG-1		8.00 An Idiot Abroad 2		9.00 Mr Bigstuff	9.30 The Walking Dead		10.30 Brassic
109 ALIBI	7.00 Elementary		8.00 Death in Paradise		9.00 Alaska Daily		10.00 Death in Paradise	
130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Landscape Artist of the Year 2022		9.00 Wonderland: Gothic		10.00 Johnson & Knopfler's Music Legends	
132 U&W	7.00 MasterChef Australia		8.10 The Big Brunch		9.10 Love Me		10.10 Nurses on the Ward	
DOCUMENTARY								
125 DISCOVERY	7.00 Jeremy Wade's Dark Waters		8.00 Wheeler Dealers		9.00 Deadliest Catch		10.00 Sin City Tow	
162 ANIMAL PLANET	7.00 Crikey! It's the Irwins		8.00 Return to the Isle of Jaws		9.00 Sharkwrecked: Crash Landing		10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Spanish Empire: Rise and Fall		9.00 Bloody Tales from History			
123 SKY HISTORY	7.00 Forged in Fire		8.00 Pawn Stars Do America		9.00 Pawn Stars		10.00 Britain's Big Cat Mystery	
155 U&YESTERDAY	7.00 Find It, Fix It, Flog It		8.00 Great Coastal...	8.30 Great British...	9.00 Find It, Fix It, Flog It		10.00 Bangers & Cash: Restoring Classics	
121 SKY DOCS	7.00 The Great Rhino Robbery		8.00 Murder in Boston: Roots, Rampage...		9.00 Tony Hawk: Until the Wheels Fall Off			
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.00 Uproar		8.00 Night Swim			9.45 Mean Girls		
302 ADVENTURE	◂ 6.40 Need for Speed				9.00 Now You See Me			
303 BLOCKBUSTERS	◂ 4.50 King Kong		8.00 War of the Worlds				10.00 The Beekeeper	
304 GREATS	◂ 5.30 Inception		8.00 Oppenheimer					
305 ANIMATION	◂ 5.35 Super...	7.25 Puss in Boots: The Last Wish			9.25 Asterix: The Secret of the Magic Potion			
306 FAMILY	◂ 6.05 The Lord of the Rings: The Two Towers				9.15 Robo-Dog			
307 ACTION	◂ 6.05 The Fast and the Furious		8.00 Batman Begins					10.30 American Night
308 COMEDY	◂ 6.25 My Big Fat Greek Wedding 3		8.00 Step Brothers			9.55 Bill & Ted's Bogus Journey		
309 THRILLER	◂ 6.20 Last Seen Alive		8.00 Red Right Hand			9.55 Layer Cake		
310 DRAMA	◂ 5.20 Cold Mountain		8.00 Lady Bird			9.40 Dreamgirls		
311 SCI-FI	◂ 6.00 Arrival		8.00 The Island				10.20 Ex Machina	
313 FILM4	◂ 6.55 Assassin's Creed				9.00 Cowboys & Aliens			
SPORT								
401 MAIN EVENT	7.00 The Transfer...	7.30 EFL Cup – Live: Leeds United v Middlesbrough (Kick-off 8.00)						
402 PREMIER LEAGUE	7.00 PL Stories	7.30 PL Icons	8.00 Gary Neville's Soccerbox		9.00 PL Stories	9.30 Gary Neville's...	10.00 Class of '92: Full Time	
403 FOOTBALL	7.00 EFL Cup...	7.30 EFL Cup – Live: Leeds United v Middlesbrough (Kick-off 8.00)						
404 CRICKET	◂ 6.00 The Hundred – Live: Trent Rockets Men v Oval Invincibles Men (Start-time 6.30)					9.30 The Hundred Bitesize		10.30 The Hundred
410 TNT SPORTS 1	7.00 UEFA Super Cup – Live: Real Madrid v Atalanta (Kick-off 8.00)							10.30 PL Stories
411 TNT SPORTS 2	◂ 6.00 MLB – Live: Minnesota Twins v Kansas City Royals (Start-time 6.10)				9.15 WWE Raw Highlights		10.15 UFC Countdown	

◂ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition 3/10. Keeper Caleb tries to solve some problems in the lion pride. (S)(AD)
10.15 **Countryfile Treasures** (S)(R)
11.00 **Homes Under the Hammer** (S)(R)
12.00 NOON **Bargain Hunt** (S)(R)(AD)
1.00 PM **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** Briony May Williams helps a young couple from St Albans locate a home in Buckinghamshire. (S)(R)
3.45 **The Repair Shop** Items include a set of vintage golf clubs. (S)(R)(AD)
4.30 **The Finish Line** (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Celebrity Race Across the World

7.00 **The One Show** Lauren Laverne and Roman Kemp host the topical show. (S)
7.30 **EastEnders** Johnny gets the wrong idea when Callum tries to comfort him in a time of need. (S)(AD)
8.00 **The Repair Shop** New edition Return of the restoration series. The experts work on a re-purposed bench, a limited edition gold Etch-a-Sketch, a handmade guitar, and a taxi badge earned by passing a memory test. (S)(AD)
9.00 **NEW SERIES Celebrity Race Across the World** 1/6. Broadcaster Kelly Brook, actor Kola Bokinni, radio host Scott Mills and broadcaster Jeff Brazier embark on an epic race from the Amazon rainforest to the Andes. (S)(AD)
10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Football: Super Cup** Real Madrid v Atalanta: Highlights from the annual match between the Champions League and Europa League winners held this year at the National Stadium Warsaw. (S)
11.20 **FILM Bridge of Spies** Steven Spielberg's fact-based Cold War drama starring Tom Hanks and an Oscar-winning Mark Rylance. A lawyer in 1950s New York is hired to defend a Soviet spy, an assignment that leads to a prisoner exchange in East Germany. (S)(AD) (2015, 12, 130min) ★★★★
1.30 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.35 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.15 AM **Animal Park** (S)(R)(AD)
7.00 **Homes Under the Hammer** (S)(R)
8.00 **Sign Zone: Dom Does America** (R)
8.30 **Sign Zone: Big Little Crimes** (R)
9.00 **BBC News** (S)
1.00 PM **Head Hunters** Quiz. (S)(R)
1.45 **Catchpoint** Remi Burgz and DJ Target take on Karen Hauer and JJ Chalmers in the game show. (S)(R)
2.15 **A Countryside Summer** (S)(R)(AD)
2.45 **Spy in the Wild** (S)(R)(AD)
3.45 **B&B by the Sea** Debbie McGee checks in to the B&B. (S)(R)
4.15 **Cornwall: This Fishing Life** Following a family trying to revive Looe's fishing fleet. (S)(R)(AD)
5.15 **Flog It!** Unseen finds. (S)(R)
6.15 **LIVE Cricket: The Hundred** Trent Rockets v Oval Invincibles: Coverage of the men's match held at Trent Bridge in Nottingham. (S)

10.00 Miranda

LIVE Cricket: The Hundred (start time is at 6.15pm)
9.30 **Live at the Apollo** Stand-up comedy from the Hammersmith Apollo, where Chris McCausland introduces sets by Sophie Duker and Emmanuel Sonubi. (S)(R)
10.00 **Miranda** *Just Act Normal:* 5/6. Penny and Miranda are taken into police custody and made to see a therapist. (S2) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Miriam Margolyes: A New Australian Adventure** 2/3. Miriam scouts the freedom hotspot of Byron Bay. (S)(R)(AD)
12.05 AM **Sign Zone: Ambulance** The call centre is overwhelmed. (S)(R)
1.05 **Sign Zone: The Bidding Room** Items include a glass vase. (S)(R)
1.50 **Sign Zone: The Travelling Auctioneers** An RAF veteran needs help selling his antiques. (S)(R)
2.35 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson hosts the show from Walsall Football Club in the West Midlands, where Fay Rutter pays handsomely for a diamond-studded cocktail watch. (S)(R)(AD)
3.00 **Tenable** Warwick Davis hosts as a team of five answer questions about top 10 lists. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Coronation Street

7.30 **Emmerdale** Mandy is aghast when Bear confronts her about her side hustle, Paddy contemplates whether to go ahead with his wedding, and Tom organises a surprise for Belle. (S)(AD)
8.00 **Coronation Street** Nick declares his love for Toyah, Kit panics when Paul struggles to breathe, Dee-Dee learns Joel booked a flight to Belfast, and Cassie considers quitting working for Ken. (S)(AD)
9.00 **Crime** New episode 3/6. Drummond finds herself being blackmailed by her ex Keith, and Lennox is forced to protect his nemesis, politician Richie Gulliver, from the killer. (S2) (S)(AD) ■ Continues tomorrow
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Mission: Impossible II** Action thriller sequel starring Tom Cruise and Dougray Scott. Special agent Ethan Hunt teams up with a cat burglar in order to track down a villain who has a deadly virus at his disposal. With Thandie Newton and Ving Rhames. (S)(AD) (2000, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM **Teleshopping**
3.00 **Champions: Full Gallop** 2/6. Cameras focus on jockey Sean Bowen. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **The Best of Saint & Greavsie** (S)(SL)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.20 AM **Cheers** 17&18/26. (S5) (S)(R)
7.10 **Everybody Loves Raymond** (S)(R)
9.00 **Frasier** 13-16/24. (S9) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)(AD)
12.00 NOON **News** (S)
12.05 PM **Paris 2024 Paralympics: Meet the Athletes** (S)(R)(AD)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** (S)(R)
5.00 **A New Life in the Sun: Where Are They Now?** New edition Nadine and Simon brainstorm ideas to expand their glamping business in France. (S)
6.00 **Come Dine with Me** (S)(R)
6.30 **The Simpsons** *Moe Goes from Rags to Riches:* Moe's bar towel turns out to have a life of its own. (S)(R)(AD)

9.00 Emergency

7.00 **News** (S)
8.00 **Kirstie and Phil's Love It or List It: Brilliant Builds** 2/3. Kirstie Allsopp and Phil Spencer look back at the time they helped parents-of-three Carly and Phil, who had run out of space in their High Wycombe home. (S)(R)(AD)
9.00 **Emergency** New edition Surgeons use bone hooks and levers to try pull paratrooper Lee's pelvis out of his spinal canal, and patient Heidi has surgery after a vicious dog attack. (S)(AD) ■ Continues tomorrow
10.00 **Gogglebox: Celebrity Special for SU2C** Tom Daley, Charlotte Church, and Gordon and Tilly Ramsay join the regular cast to appraise TV programmes including *The Watcher*, *I Can See Your Voice* and *Only Connect*. (S)(R)(AD)
11.05 **First Dates** (S)(R)(AD)
12.05 AM **The Body Detectives** (S)(R)
1.05 **Ramsay's Kitchen Nightmares USA** Catch-up edition. (S)(SL)(R)
1.55 **Paris 2024 Paralympics: Meet the Athletes** (S)(SL)(R)(AD)
2.00 **FILM Wind River** Crime drama starring Jeremy Renner. (S)(SL)(AD) (2017, 15, 110min) ★★★★
3.50 **Grand Designs New Zealand** (R)
4.45 **Frasier** 17&18/24. (S1) (S)(R)(AD)
5.40 **to 6.20** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S2) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **Did I Kill My Son?** Thriller starring Sarah Smyth and Kate Twa. (S) (2024, 12, 105min) ★★
4.00 **The Cruise: Fun-Loving Brits at Sea** The travellers head to Messina in Sicily. (S)(R)(AD)
5.00 **News** (S)
6.00 **World's Most Scenic Railway Journeys** The latest train excursion includes a trip to Portugal's Quinta de Vargellas, a vineyard that has been making port for centuries. (S)(R)
6.55 **News** (S)

7.00 Cumbria: The Lakes...

7.00 Cumbria: The Lakes & the Coast Series finale Brampton-based Michelin-starred chef Hrishikesh Desai decides to reinvent his menu. (S)
7.55 **News** (S)

8.00 The Motorway New edition A major incident is declared when a 44-ton freight lorry crashes and capsizes in the middle of the M6, a man runs out of fuel on the motorway, and a school bus breaks down. (S)

9.00 Cause of Death New edition 4/5. After a man is found deceased in a friend's flat, the police launch a Facebook appeal to confirm his identity and trace his next of kin, while mortuary staff investigate his death. (S)

10.00 Casualty 24/7: Every Second Counts A key member of staff calls in sick at the last minute, so Sister Rachael has to manage a department overflowing with patients. (S)(R)

11.05 **Ambulance: Code Red** (S)(R)
12.05 AM **Police Interceptors: Pursuit and Capture** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Amazing Railway Journeys with Nick Knowles** (S)(R)
3.50 **Britain's Great Cathedrals with Tony Robinson** (S)(SL)(R)
4.40 **House Busters** (S)(SL)(R)
5.05 **House Doctor** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S6) (S)(R)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S1) (S)(R)
1.00 PM **MacGyver** (S5) (S)(R)
2.55 LIVE **Cricket: The Hundred** Trent Rockets v Oval Invincibles: Coverage of today's women's match staged at Trent Bridge.
6.00 **The Office (US)** 20/26. After Sabre's policy of putting salespeople first causes egos to inflate, Michael tries to teach the staff a lesson by withholding new sales leads. (S)(R) **6.30** 21/26. Oscar plots to spend more time with Matt by setting up a Dunder Mifflin happy hour. (S6) (S)(R)

8.00 An Idiot Abroad 2

7.00 The Simpsons *The Last Temptation of Krust:* Krusty decides to spice up his act. Featuring the guest voice of Jay Leno. (S)(R) **7.30** *Dumbbell Indemnity:* Homer helps Moe defraud his insurance company. (S)(R)

8.00 An Idiot Abroad 2 3/8. Karl Pilkington travels to Australia to swim with dolphins, and along the way he takes part in a blindfolded kickboxing contest and encounters hundreds of snakes. (S)(R)

9.00 Mr Bigstuff Series finale 6/6. Glen and Kirsty find that their wedding fund is empty. (S1) (S)(AD) ■ Entire series on Sky Box Sets

9.30 Alan Carr: Regional Trinket A stand-up show by the comedian that is all about finding happiness and joy in the small things in life. (S)(R)

10.45 Brassic *Sweet Sixteen:* 4/8. Erin's father dies, taking her back to the seaside town where she grew up. (S5) (S)(R)(AD)

11.45 **The Body Next Door** 1/3. Documentary series about a mysterious death in the South Wales Valleys after the discovery of a body meticulously wrapped in more than 40 layers of heavy-duty material. (S)(R)
12.45 AM **The Force: Manchester** (R)
1.40 **Road Wars** Double bill. (S)(R)
3.05 **Hawaii Five-0** 9/25. (S8) (S)(R)
4.00 **S.W.A.T.** 8/22. (S6) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations
N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm NEW The Cable That Changed The World (S) **11.40** UEFA Super Cup Highlights (S) **12.20am** Death in Paradise (S)(R) **1.20-6.00am** BBC News (S)
WALES
Sky **965**, Virgin **864**, Freesat **965**
10.40pm Rewind: 60 Years of Welsh Pop (S)(R) **11.10** UEFA Super Cup Highlights (S) **11.50** FILM Bridge of Spies (S) (AD) (2015, 12, 130min) ★★★★ **2.00-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm True North: Darts City (S)(R) **11.00** Spent Series finale (S)(AD) **11.30pm-12.05am** Miranda (S)(R)(AD)
WALES
Sky **968**, Freesat **968**
No variations

ITV1

As main ITV1 except:
WALES
9.00-10.00pm Coast & Country New edition (S) **10.45** Crime New episode (S)(AD) **11.45** Backstage (S)(R) **12.10am** Wales on TV (S)(R) **12.35-12.50am** Coast & Country New edition (S)

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Ffasiwn Drefn (AD) **12.30** Heno New edition **1.00** Bywyd y Fet **1.30** Garddio a Mwy **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion S4C a'r Tywydd **3.05** Cefn Gwlad (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Ralio+ **6.30** Bois y Pizza (AD) **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Bwyd Epic Chris **8.55** Newyddion S4C a'r Tywydd **9.00** Eisteddfod Genedlaethol Cymru 2024 **10.30-11.35pm** Ty am Ddim

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BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Jeremy, James and Richard build a car that can turn into a hovercraft.
8.00 **Shark Tank: Dragons' Den US** New edition CEO and co-founder of Good American, Emma Grede, returns to the Tank.
8.00 **The Catch Up**
8.45 **Press X to Continue**
9.00 NEW SERIES **Kidnapped: The Chloe Ayling Story** 1/6. Fact-based drama starring Nadia Parkes. A routine photoshoot in Milan takes a dark turn. **9.30** New episode 2/6. Chloe tries to establish a connection with MD. (S1)
10.00 **Suits** 1/16. Legal drama. Mike's future with Pearson Hardman is in jeopardy. **10.40** 2/16. Daniel makes it clear he intends to stay. (S2)
11.25 **Fleabag** 5&6/6. (S2)
12.20 AM **Kidnapped: The Chloe Ayling Story**
1.20 **Top Gear** As 7.00pm.
2.20 **Juice** 2/6. Comedy. (S1)
2.45 **Lazy Susan** 2/4. Sitcom. (S1)
3.00 **to 3.50** AM **Fleabag**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** From Bodmin.
7.30 **Gareth Edwards' Great Welsh Adventure** Gareth and Maureen visit Llandudno.
8.00 **Pole to Pole** Michael Palin treks through Ethiopia.
8.50 **Avocets: Born Survivors** The life of the wading bird.
9.00 **The Fairytale Castles of King Ludwig II with Dan Cruickshank** Exploring the aesthetics associated with Ludwig II of Bavaria.
10.00 NEW **Nathaniel Parker and Sharon Small Remember Inspector Lynley Mysteries** The actors' memories of the detective drama.
10.15 **The Inspector Lynley Mysteries** 1&2/2. Detective drama starring Nathaniel Parker and Sharon Small.
12.45 AM **Great British Railway Journeys** As 7.00pm.
1.15 **Gareth Edwards' Great Welsh Adventure**
1.45 **Pole to Pole** As 8.00pm.
2.35 **to 3.35** AM **The Fairytale Castles of King Ludwig II with Dan Cruickshank**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions of the contest from Dumfries and Galloway.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Chateau DIY** Sasha creates a xeriscape garden with her daughter Lily.
6.55 **Car S.O.S** Tim Shaw and Fuzz Townshend work to restore a Subaru Impreza.
7.55 **The Dog House** Fine artist Ron is introduced to Chip the terrier cross and Margaux the mongrel, while Harry the saluki needs to overcome his nerves if he is to find loving new owners.
9.00 **Great British Home Restoration** New edition A homeowner attempts to restore and future-proof a 19th-century coach house.
10.00 **999: On the Front Line** A look at some of the injuries that the UK's elderly population have suffered.
11.05 **24 Hours in A&E**
12.10 AM **Paris 2024 Paralympics: Meet the Athletes** Claire Taggart.
12.15 **Emergency Helicopter Medics** Documentary.
1.20 **999: On the Front Line**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 21-24/24. (S10)
2.00 PM **The Goldbergs**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** The day of Nancy's plea hearing arrives.
7.30 **Modern Family** 12/24. Claire confronts the neighbours about the boat on their lawn. (S6)
8.00 **Below Deck Adventure** New edition Lewis warns Kyle that his bad behaviour has Captain Kerry on high alert. When the *Mercury*'s engines fail, Kerry must rely on his young deck crew to execute a precarious docking.
9.00 **Gogglebox** Opinions on *Strictly Come Dancing, Vigil* and *Serengeti II*.
10.05 **First Dates** Home-lover Sophie looks for love.
11.05 **Naked Attraction**
12.10 AM **The Big Bang Theory**
1.10 **Brooklyn Nine-Nine**
2.10 **Modern Family**
3.00 **Below Deck Adventure**
3.50 **Ramsay's Kitchen Nightmares USA**
4.45 **to 6.00** AM **The Neighborhood**

+1 hour 235/236 | 306 | 30 | 123

Wednesday primetime

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 807 110 341 356

6.00 AM **Bondi Rescue**
7.00 **999 Frontline**
8.00 **Border Patrol**
9.00 **Highway Cops**
10.00 **Caught on Dashcam**
11.00 **Bull** 3/16. (S5)
12.00 NOON **The Rookie** 1/20. (S2)
1.00 PM **Chicago Fire** 5/22. Firehouse 51 hosts a Halloween open house. (S11)
2.00 **The Equalizer** 2/10. McCall's helps a mother whose son has been kidnapped. (S1)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

9.00 Fire Country

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **The Equalizer** *Judgement Day:* 3/10. McCall tries to help an escaped prisoner who has been wrongly accused of murder. (S1)

9 PM

9.00 **Fire Country** New episode *It's Not Over:* 8/10. Station 42 and Three Rock host Edgewater's Annual Firefighter's Ball. (S2)

10 PM

10.00 **9-1-1** *Past Is Prologue:* 9/18. An oil well erupts, causing a huge sinkhole in downtown LA. (S5)
11.00 **Chicago Fire** 4/22. (S11)
12.00 M'T **Law & Order: Special Victims Unit** 16/22. (S24)
1.00 AM **The Rookie** 7/10. **2.00** New episode 8/10. (S6)
3.00 **Law & Order: Special Victims Unit** 15/22. (S24)
4.00 **For Life** 6/10. (S2)
5.00 **to 6.00** AM **Bondi Rescue**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town**
8.10 **Riviera** 4&5/8. (S3)
10.20 **Britannia** 5&6/8. (S3)
12.20 PM **Game of Thrones** (S4)
1.35 **The Sopranos** 9&10/13. (S2)
3.55 **Riviera** 6/8. Victor has one last chance to persuade the city to vote for him. **4.55** 7/8. The party guests deal with the fallout. (S3)
5.55 **Britannia** 7/8. Cait and her band continue their quest. **6.55** 8/8. Cait takes the fight to the redoubt, and to all those who are waiting for her. (S3)

10.15 Big Little Lies

7.55 **Game of Thrones** *The Laws of Gods and Men:* 6/10. Stannis and Davos arrive in Braavos, while Tyrion's trial begins in the throne room and he is stunned by the identity of one of the witnesses. (S4)

9.00 **The Last of Us** *Endure and Survive:* 5/9. Joel and Ellie cross paths with the most wanted man in Kansas City. Kathleen continues her hunt. (S1)

10.15 **Big Little Lies** *Push Come to Shove:* 4/7. Nathan invites Madeline out to dinner. (S1)
11.20 **The Wire** 10/13. An undercover operation goes wrong. (S1)
12.30 AM **My Brilliant Friend** 3/8. A teenage Elena grapples with the onset of puberty,. (S1)
1.35 **The Leftovers** 7/8. (S3)
2.50 **Game of Thrones** As 7.55pm.
4.00 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **DC's Legends of Tomorrow** 3/16. (S1)
7.00 **SEAL Team** 15/20. (S3)
8.00 **Supergirl** 11/20. (S1)
9.00 **Stargate SG-1** (S6)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 13/20. (S1)
1.00 PM **MacGyver** 14&15/15. (S5)
3.00 **Hawaii Five-0** 9/25. (S8)
4.00 **S.W.A.T.** 8/22. (S6)
5.00 **SEAL Team** 14/20. (S3)
6.00 **Stargate SG-1** 19/22. Teal'c experiences recurring dreams in which he takes on the role of a firefighter. (S6)

9.00 Mr Bigstuff

7.00 **Stargate SG-1** *Memento:* 20/22. The team look for a Stargate in a bid to get back home after getting stranded in space. (S6)

8.00 **An Idiot Abroad 2** 3/8. Reluctant explorer Karl Pilkington visits Australia to swim with dolphins.

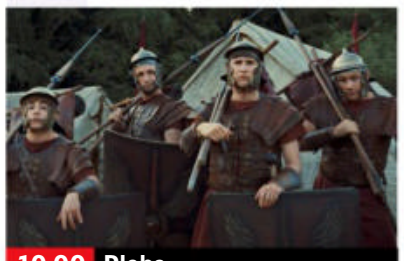
9.00 **Mr Bigstuff** Series finale 6/6. Glen and Kirsty get an awful shock. (S1)
■ Entire series on Box Sets
9.30 **The Walking Dead** *Knots Untie:* 11/16. Rick considers leaving Alexandria. (S6)
10.30 **Brassic** *Sweet Sixteen:* 4/8. Erin's dad dies and leaves her in debt. (S5)

11.30 **Banshee** 9/10. Carrie drops a bombshell on Gordon. (S2)
12.30 AM **The Force: Manchester** Officers raid a cannabis farm
1.30 **Road Wars** Double bill.
3.00 **Hawaii Five-0** 9/25. (S8)
4.00 **S.W.A.T.** 8/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.30 **Totally Bonkers Guinness World Records**
10.00 **Love Bites**
12.00 NOON **Dress to Impress**
1.00 PM **In for a Penny**
2.00 **Supermarket Sweep**
3.00 **Charmed** 11/22. (S2)
4.00 **Dawson's Creek** 10/22. Pacey prepares everyone dinner. (S5)
5.00 **Dress to Impress**
6.00 **Celebrity Catchphrase** With Phil Daniels, Steph McGovern and AJ Odudu.



10.00 Plebs

7.00 **Ant & Dec's Limitless Win** The duo host the game show as brothers Lee and Kye return to take on the money ladder.

8.00 **Bob's Burgers** 8/22. The Belchers play mini golf. **8.30** 9/22. A trip to visit Bob's mother's grave leads to problems. (S13)

9.00 **Family Guy** 10/18. Peter discovers his first name is actually Justin. **9.30** 1/18. The Griffins get stuck in Springfield. (S13)

10.00 **Plebs** 5/6. The trio take in an attractive lodger. **10.30** 6/6. Marcus plans to make a move on Cynthia at a festival. (S1)
11.00 **Family Guy** 2/18. Conclusion of the story in which the Griffins get stuck in Springfield. (S13)
11.30 **American Dad!** (S9)
12.30 AM **Bob's Burgers** New episodes 10&11/22. (S13)
1.35 **Deal or No Deal**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Wild at Heart**
10.25 **The Royal**
11.25 **Heartbeat**
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.50 **A Touch of Frost** *Penny for the Guy:* A psychopathic kidnapper threatens to kill a boy unless a supermarket magnate pays a ransom.
6.00 **Heartbeat** *The Runaways:* An accountant goes on the run from his underworld boss.

6.00 Heartbeat

7.00 **Heartbeat** *Cashing In:* Some forged banknotes leads the police to believe a fugitive gangster has arrived in the village.

8.00 **Midsomer Murders** *For Death Prepare:* The members of amateur operatic society the Midsomer Mummers are busy rehearsing for their charity concert when the body of an unknown man is found in their theatre.

10.00 **Cracker** *Men Should Weep – Part Two:* 8/9. Penhaligon shares detail of her ordeal. (S2)

11.05 **Cracker** *Men Should Weep – Part Three:* 9/9. Fitz is powerless to intervene when two of Floyd's victims exact revenge. (S2)
12.00 M'T **Wild at Heart**
1.45 AM **Bless This House**
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Mart**
7.30 **Martin Compston's Norwegian Fling**
8.00 **Great Escapes with Colin and Justin** How and why architects opt to build with wood.
8.25 **Beechgrove Repotted** Exploring a garden with Scandinavian flavour.
8.30 **Wild Cameramen at Work** The challenges of filming birds.
9.00 **The Nine**
10.00 **River City** New episode The police focus their attention on Karen.
10.30 **Two Doors Down** 3/6. Cathy and Colin discover their house has been burgled. (S3)
11.00 **Rab C Nesbitt** *Further:* 6/7. Norrie looks for volunteers for a charity walk. (S4)
11.30 PM **to 12.00** M'T **The Karen Dunbar Show**

Sky Comedy

114/115 814 112 347 362

8.00 AM **Will & Grace** (S10)
9.00 **The Conners** (S3)
10.00 **Crashing** 5/8. (S1)
10.35 **Barry** 6&7/8. (S3)
11.55 **Young Rock** (S3)
12.55 PM **Insecure** (S1)
2.10 **Barry** (S3&4)
3.25 **Young Rock** (S3)
4.25 **Crashing** 6/8. (S1)
5.00 **Will & Grace** (S10)
6.00 **The Office (US)** (S6)
7.00 **The Conners** (S3)
8.00 **Will & Grace** 7/25. Will uses a gift voucher from Grace to consult a psychic. **8.30** 8/25. Guest stars Martina Navratilova and Debbie Reynolds. (S3)
9.00 **Alan Carr: Regional Trinket** Stand-up show.
10.10 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.10 **Breeders** 9&10/10. (S2)
12.10 AM **Entourage** (S2)
1.20 **Nikki Glaser: Someday You'll Die**
2.35 **Silicon Valley** (S3)
3.50 **to 5.00** AM **Insecure**

Sky Arts

130/131 826 123 36 147 365

6.00 AM **Romeo and Juliet**
8.05 **The Joy of Painting**
9.05 **Tales of the Unexpected**
10.05 **Hitchcock Presents**
11.05 **Discovering**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **Wonderland: From JM Barrie to JRR Tolkien**
3.00 **Classic Movies: The Story of Brief Encounter**
4.00 **Discovering**
5.00 **Watercolour Challenge**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Landscape Artist of the Year 2022**
9.00 **Wonderland: Gothic**
10.00 **Johnson & Knopfler's Music Legends**
11.00 **The Ronnie Wood Show**
11.35 **Music Icons**
12.05 AM **Isle of Wight Festival Greatest Hits**
12.35 **Record On**
2.20 **Life & Rhymes**
3.00 **The Art of the Garden**
4.00 **Literature Festival**
5.00 **to 6.00** AM **Highlights**

Sky Mix

151 135 11 144

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **UK Border Force**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 24/26. (S1)
5.00 **Star Trek: Enterprise**
6.00 **Star Trek: Deep Space Nine** 22/26. (S2)
7.00 **Star Trek: Voyager**
8.00 **Hawaii Five-0** (S2)
9.00 **The Rookie** 3/22. (S4)
10.00 **UFO** Elite US Navy pilots encounter an unidentified aerial phenomenon in 2004.
11.00 **Killer in My Village**
12.00 M'T **Caught on Dashcam**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.20 AM **Be Beautiful**
7.35 **Billie and Greg: The Family Diaries**
8.35 **Making It Home**
9.35 **Buying and Selling**
10.35 **Billie and Greg: The Family Diaries**
11.35 **The Real Housewives of New Jersey** Reality show.
12.30 PM **The Real Housewives of Atlanta**
1.20 **The Only Way Is Essex**
2.15 **Dinner Date**
3.15 **Million Dollar Listing: NYC** Property series.
4.05 **The Real Housewives of New Jersey** Reality show.
5.00 **The Real Housewives of Potomac** Reality show.
6.00 **Making It Home**
7.00 **Million Dollar Listing...**
8.00 **Dinner Date**
9.00 **Botched**
10.00 **Love Island USA** New edition
11.10 **The Only Way Is Essex**
11.55 PM **to 2.00** AM **Loaded in Paradise**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Hart to Hart** (S2)
9.00 **Diagnosis Murder**
11.00 **Castle** 9/24. (S5)
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 5/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 12–15/26. (S7)
9.00 **The New Avengers** *Tale of the Big Why:* 8/13. Steed's team track down a man who stole top secret information. (S1)
10.00 **The Avengers** *The Hidden Tiger:* 8/24. A man-eating tiger is on the loose. (S5) **11.00** *The Rotters:* 15/33. A pair of assassins perfect a chemical that kills all types of wood. (S6)
12.00 M'T **M*A*S*H** (S7)
2.00 AM **The Avengers**
4.00 **Castle** 21/23. (S6)
4.50 **to 5.00** AM **GREAT! Movie News Extra**

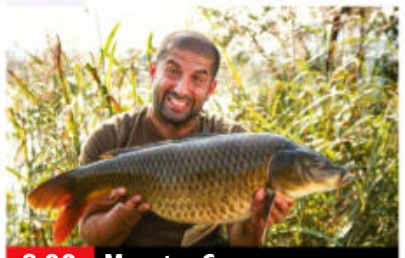
+1 hour 257 62

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.10 **The Professionals**
8.05 **Robin of Sherwood**
9.15 **The Champions**
10.20 **Kojak**
11.25 **BattleBots**
12.25 PM **Robin of Sherwood**
1.35 **The Champions**
2.40 **Kojak**
3.45 **Minder**
4.50 **The Professionals**
5.55 **BattleBots** Former finalist Minotaur takes on Whiplash as 14 new bots make their debut.


8.00 Monster Carp

6.55 **The Chase Celebrity Special** Guests Lance Ellington, Beth Tweddle, Bob Champion and Sally Lindsay take part.
8.00 **Monster Carp** Neil and Tom go to the Lac du Der Chantecoq in France to search for the biggest wild carp in the world.
9.00 **FILM Tomorrow Never Dies** James Bond thriller starring Pierce Brosnan and Jonathan Pryce. Agent 007 investigates a shadowy tycoon who is manipulating global events to boost his media empire. (1997, 12, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.25 **EFL Carabao Cup Highlights** Action from the first round of the competition, including Hull City v Sheffield Wednesday.
12.25 AM **Wrestling: AEW Collision** Hard-hitting wrestling action.
2.15 **The Protectors**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Merlin** 13/13. (S1)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 13/20. (S1)
2.00 **Merlin** 13/13. (S1)
3.00 **Stargate SG-1** 16/22. (S2)
4.00 **Star Trek: Enterprise** (S2)
5.00 **Star Trek: Voyager** 3/26. Paris and Kim enter the *Delta Flyer* in a spaceship race. (S7)
6.00 **Merlin** 13/13. Arthur is mortally wounded – and only Merlin can save him. (S1)

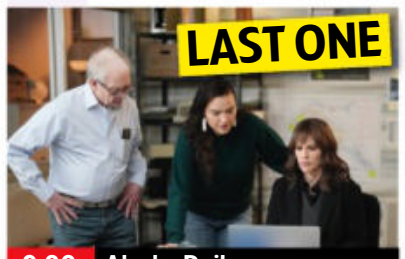
11.00 Wynonna Earp

7.00 **Star Trek: Deep Space Nine** *Battle Lines:* 13/20. Sisko, Kira and Bashir become stranded in a war-torn world. (S1)
8.00 **Stargate SG-1** *The Fifth Race:* 16/22. O'Neill has the contents of an alien library downloaded into his brain. (S2)
9.00 **FILM Ice Storm** Sci-fi action drama starring Tyler Christopher. When a winter storm freezes over North Carolina, experts are called in before the entire east coast of America is destroyed. (2022, 12 90min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 **Wynonna Earp** 5/12. The Homestead comes under attack, sending Wynonna and Doc after Peacemaker. (S4)
12.00 M'T **Britannia** 4&5/8. (S3)
2.00 AM **Merlin** As 6.00pm.
3.00 **Trickster** 5&6/6. (S1)
5.00 **to 6.00** AM **Most Haunted** A team of experts visit South Stack Lighthouse off Anglesey.

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries**
9.00 **The Doctor Blake Mysteries**
10.00 **Elementary** 1/24. (S4)
11.00 **Hudson & Rex** 10/16. (S2)
12.00 NOON **Father Brown**
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries**
4.00 **Shakespeare & Hathaway: Private Investigators** (S2)
5.00 **Father Brown** As 1.00am.
6.00 **Hudson & Rex** 10/16. A case from Donovan's past resurfaces when a 20-year-old crime repeats on the day the original convict is released. (S2)



9.00 Alaska Daily

7.00 **Elementary** *Up to Heaven and Down to Hell:* 15/24. Sherlock investigates the murder of a wealthy woman. (S4)
8.00 **Death in Paradise** *Fake or Fortune:* 6/9. Part two of two. Neville continues to probe a concert pianist's murder. (S10)
9.00 **Alaska Daily** Series finale *Most Reckless Thing I've Ever Done:* 11/11. Eileen and Roz try to find a lead. (S1)
■ Entire series on Box Sets
10.00 **Death in Paradise** *Somewhere in Time:* 7/9. The host of a fishing trip is found harpooned on a beach. (S10)
11.00 **Elementary** As 7pm.
12.00 M'T **Hudson & Rex** As 6pm.
1.00 AM **Father Brown** *The Sacrifice of Tantalus:* A man suspected of killing a police officer is seen near Kembleford.
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

GOLD

110/111 810 124 344 359

7.00 AM **Highlights**
9.30 **Ever Decreasing Circles**
10.10 **Hi-de-Hi!**
10.50 **Still Open All Hours**
11.30 **Last of the Summer Wine**
12.50 PM **Keeping Up Appearances**
1.30 **Ever Decreasing Circles**
2.10 **Still Open All Hours**
2.50 **Dad's Army**
3.30 **Hi-de-Hi!**
4.10 **Last of the Summer Wine**
5.30 **Still Open All Hours**
6.10 **Keeping Up Appearances**
6.50 **Dad's Army**

8.00 dinnerladies

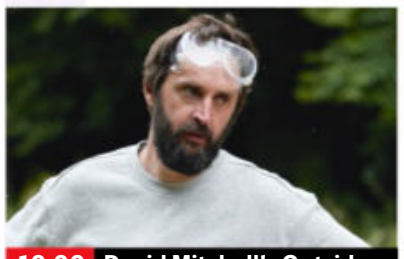
7.25 **Dad's Army** The men head off for a weekend at a training camp, but arrive late and hungry.
8.00 **dinnerladies** Bren's mother Petula wreaks havoc in the factory.
8.40 **Only Fools and Horses** Christmas special from 1986. Rodney dates the daughter of the Duke of Maylebury, and Del spots a chance for the family to marry into the aristocracy.
10.00 **Not Going Out** Guy's presence in the flat continues to rile Lee. **10.40** Lucy worries about the age gap between her and Guy.
11.20 **The Royle Family** Jim and Twiggy reluctantly do some DIY.
11.55 **Only Fools and Horses**
1.15 AM **Not Going Out**
2.30 **The Royle Family**
3.00 **Sandylands**
3.30 **to 4.00** AM **The Fosters**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Whose Line Is It Anyway? USA** Double bill.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Rick Stein's Secret France**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Robson's Extreme Fishing Challenge**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Secret France** The chef heads through the regions of Alsace and Jura.
6.00 **Rick Stein's Cornwall** Double bill of editions.


10.00 David Mitchell's Outsiders

7.00 **Would I Lie to You?** With guests Danny Dyer, Jon Richardson, Moira Stuart and Joe Lycett. **7 PM**
7.40 **Richard Osman's House of Games** With Amanda Lamb and Nick Moran. **8.20** Guests include Sally Phillips and Rickie Haywood-Williams. **8 PM**
9.00 **QI XL** An edition of the show celebrating 2012's Cultural Olympiad, with guests Bill Bailey, David Mitchell and Sue Perkins. **9 PM**
10.00 **David Mitchell's Outsiders** Maisie Adam, Fatiha El-Ghorri, Darren Harriott, Jessica Hynes, Phil Wang and Joe Wilkinson compete. **10 PM**
11.00 **Taskmaster** Noel Fielding has a sliding session.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Room 101** Series highlights.
2.00 **to 4.00** AM **Whose Line Is It Anyway? USA**

+1 hour 211/212 327 57

4seven

137/138 143 49 127

9.00 AM **Ramsay's Kitchen Nightmares USA**
10.00 **Car S.O.S**
11.00 **A Place in the Sun**
12.00 NOON **The Great House Giveaway**
1.00 PM **Frasier** (S9)
2.30 **A New Life in the Sun: Where Are They Now?**
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **World's Most Secret Hotels** Documentary.
8.00 **Titanic in Colour**
9.00 **FILM John Wick: Chapter 3 – Parabellum** Thriller starring Keanu Reeves, Halle Berry and Ian McShane. (2019, 15, 130min) ★★★★
11.40 **FILM Ben-Hur** Ancient Roman drama with Jack Huston and Toby Kebbell. (2016, 12, 130min) ★★★
2.00 AM **Gogglebox: Celebrity Special for SU2C** With Tom Daley and Charlotte Church.
3.05 **Gogglebox**
4.05 **to 5.00** AM **First Dates**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 5-7/24. (S4)
11.55 **Entertainment News**
12.00 NOON **Law & Order: Criminal Intent** (S2)
3.00 PM **Law & Order** (S22)
3.55 **Entertainment News**
4.00 **Law & Order** (S22)
6.00 **NCIS** *Brothers in Arms:* 21/24. An informant is murdered. **7.00** *In the Dark:* 22/24. A blind man unwittingly photographs evidence of a murder. **8.00** *Trojan Horse:* 23/24. A man is found dead in a taxi. (S4)
9.00 **Criminal Minds** *Blood Relations:* 20/24. A long-simmering feud between two local families leads to a double murder. (S9)
10.00 **Law & Order: Special Victims Unit** (S14&13)
2.00 AM **The Blacklist** (S2)
3.50 **to 4.00** AM **Entertainment News**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Happy Campers: The Caravan Park**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A Killer Makes a Call: Black Widow**
10.00 **Murder in Amish Country** Crime series.
11.00 **Adults Only: Wannabe Porn Stars**
12.00 M'T **Killer at the Crime Scene** Documentary.
1.00 AM **Cold Case Killers**
2.00 **Casualty 24/7...**
2.50 **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.15 **Outback Truckers**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
12.10 PM **FILM Man without a Star** Western with Kirk Douglas and Jeanne Crain. (1955, PG, 89min) ★★
2.05 **FILM The Naked Spur** Classic Western starring James Stewart. (1953, PG, 91min) ★★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
10.00 **Police: Night Shift 999**
11.00 **FILM Delta Force 2: The Colombian Connection** Action thriller starring Chuck Norris and Billy Drago. (1990, 18, 111min) ★
1.15 AM **World's Deadliest Weather: Caught on Camera** Tornadoes.
2.15 **to 4.00** AM **Trucking Hell**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **Property Brothers: Family Flashback**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Tipping Point: Lucky Stars** With Tim Vine.
7.00 **MasterChef Australia** New edition The cooks must make a dish that the judges cannot resist.
8.10 **NEW SERIES The Big Brunch** 1/8. Dan Levy's cooking competition celebrating brunch.
9.10 **NEW SERIES Love Me** 1/6. Clara, Aaron and Glen continue to work on their relationships. (S2)
10.10 **Nurses on the Ward**
12.10 AM **Ambulance Australia** Documentary.
1.20 **Bang on Budget**
2.10 **to 3.00** AM **16 Kids and Counting**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Doctors**
9.10 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Born and Bred**
4.10 **Howards' Way**
5.25 **Birds of a Feather**
6.05 **Desmond's**
6.40 **Are You Being Served?**
7.20 **Last of the Summer Wine** Howard grapples with a life-like gorilla.
8.00 **Hope Street** 7/10. (S1)
9.00 **Shakespeare & Hathaway: Private Investigators** 7/10. (S1)
10.00 **New Tricks** *Talking to the Dead:* Pullman reinvestigates the case of a teenager who was abducted and left to die.
11.20 **Silent Witness**
1.30 AM **Footballers' Wives**
3.00 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

WEDNESDAY Entertainment

Wednesday

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** In south Wales.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **A Place in the Sun**
12.00 NOON **Money for Nothing** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Antiques Road Trip** Double bill.
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Izzie Balmer visits a top secret location and makes a discovery. **8.00** Charles Hanson and Christina Trevanion seek out bargain antiques, beginning in Whaley Bridge.
9.00 **Dr Pimple Popper: Pop Ups** Double bill.
11.00 **Help! My House Is Haunted** Double bill.
1.00 AM **The Dead Files**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Weakest Link**
11.00 **Celebrity Catchphrase**
12.00 NOON **Cash Trapped**
1.00 PM **All Star Family Fortunes** Edwina Currie and Mark Durden-Smith compete for charity. **1.40** With Shane Lynch and Ruthie Henshall. **2.20** Jennie Bond and Amir Khan take part.
3.00 **Catchphrase**
4.00 **Blockbusters**
5.00 **Bullseye** Four editions.
7.00 **Cash Trapped** Quiz hosted by Bradley Walsh.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link**
1.00 AM **Cash Trapped**
2.00 **The Chase** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.00 AM **Coast Guard Alaska**
9.00 FILM **Storm Cell** Drama. (2008, 12, 90min) ★
11.00 **Battle of Kursk**
12.00 NOON **Wild West Chronicles** Double bill.
1.00 PM FILM **Four Fast Guns** Western. (1960, b/w, U, 72min) ★★
2.40 FILM **The Walking Hills** Western. (1949, b/w, PG, 78min) ★★
4.35 FILM **A Call to Spy** Drama. (2019, 12) ★★★
7.05 FILM **Arctic Apocalypse** Disaster movie. (2019, PG, 90min) ★
9.00 FILM **Hanover Street** Wartime love story. (1979, PG, 108min) ★★
11.20 FILM **Stash House** Action thriller. (2012, 15, 99min) ★★
1.30 AM FILM **The Defender** Thriller. (2004, 18) ★★
3.30 **War Machines**
4.30 **to 5.00** AM **Wild West Chronicles**

+1 hour 324

GREAT! movies
321 425 34

9.00 AM FILM **Betrayed By Lies** Crime drama. (2018, PG, 86min) ★★
10.55 FILM **The Twin** Thriller. (2017, 12, 86min) ★★
1.00 PM FILM **Deadliest Switch** Drama. (2020, PG, 87min) ★★
3.00 FILM **Firequake** Sci-fi. (2014, 12, 90min) ★
4.55 FILM **Storm Cell** Disaster movie. (2008, 12, 90min) ★
7.05 FILM **Garage Sale Mysteries: The Novel Murders** Crime drama. (2016, PG, 84min) ★★
9.00 FILM **Boyz N the Hood** Urban drama. (1991, 15, 111min) ★★★★★
11.25 FILM **Taxi Driver** Martin Scorsese's drama. (1976, 18, 110min) ★★★★★
1.50 AM FILM **Text to Kill** Drama. (2015, 12) ★★
4.00 **to 6.00** AM FILM **Mommy Be Mine** Thriller. (2018, 12, 90min) ★★

+1 hour 322

GREAT! romance
319 424 52

8.00 AM FILM **My Birthday Romance** (2020) ★★
10.00 FILM **The Birthday Wish** (2017, PG) ★★
12.00 NOON FILM **Romantic Rewrite** Drama. (2022, PG, 82min) ★★
2.00 PM FILM **You May Kiss the Bridesmaid** Drama. (2021, PG, 90min) ★★
4.00 FILM **Accidentally Engaged** Drama. (2016, PG, 86min) ★★
6.00 FILM **Right in Front of Me** Romantic comedy. (2021, PG, 84min) ★★
8.00 FILM **Sand Dollar Cove** Romantic drama. (2021, PG, 84min) ★★
9.50 FILM **All Yours** Drama. (2016, PG, 84min) ★★
12.00 M'T **Highway to Heaven**
1.00 AM FILM **The Dating List** Romantic comedy. (2019, PG, 90min) ★★
3.10 **to 5.00** AM FILM **Accidentally in Love** Drama. (2021, PG) ★★

+1 hour 320 63

GREAT! real
189 61

9.00 AM **Thief Trackers**
9.30 **Police Ten 7**
12.00 NOON **Air Rescue**
1.00 PM **Airline USA**
2.00 **Paddington Station 24/7** Documentary.
3.00 **Island Medics**
4.00 **Air Rescue**
5.00 **Coast Guard Alaska**
6.00 **Coast Guard Pacific Northwest** Documentary.
7.00 **Paddington Station 24/7** The staff venture down into tunnels under the station to carry out fire safety checks.
8.00 **Island Medics**
9.00 **Air Rescue** Double bill.
10.00 **Code 1: Extreme**
11.00 **Paddington Station 24/7** As 7.00pm.
12.00 M'T **Coast Guard Pacific Northwest**
1.00 AM **Coast Guard Alaska**
2.00 **Police Ten 7**
4.00 **Cops Uncut**
5.00 **to 5.50** AM **Airline USA**

+1 hour 289

DMAX
159 169 39 150

6.00 AM **Alaska: Last Frontier**
7.00 **Building Off the Grid**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
11.00 **Building Off the Grid**
12.00 NOON **Homestead Rescue: Raney Ranch**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers**
4.00 **Garage Rehab**
5.00 **Kindig Customs**
6.00 **Deadliest Catch**
7.00 **Alaska: Last Frontier**
8.00 **Gem Hunters Down Under** Documentary.
9.00 NEW SERIES **Tiny House, Big Living**
10.00 **Salvage Dawgs** New editions Double bill.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
1.00 AM **Yukon Men**
2.00 **Teleshopping**
4.00 **Building Alaska**
5.00 **to 6.00** AM **Maine Cabin Masters**

+1 hour 259 369 151

Food Network
140/141 190 43 148

6.00 AM **Barefoot Contessa**
7.00 **The Pioneer Woman**
8.00 **Jamie Cooks Italy**
9.00 **James Martin's Favourite Feasts**
9.30 **James Martin's Mediterranean**
10.00 **Hairy Bikers Go Local**
11.00 **Meals on Wheels**
12.00 NOON **Great British...**
2.00 PM **James Martin's Favourite Feasts**
2.30 **James Martin's Mediterranean**
3.00 **French Country Cooking**
4.00 **The Pioneer Woman**
5.00 **Girl Meets Farm**
6.00 **Great British Bake Off**
8.00 **French Country Cooking**
9.00 **Rick's Food Heroes**
10.00 **Meals on Wheels**
11.00 **Diners, Drive-Ins...**
12.00 M'T **Grocery Games**
1.00 AM **Restaurant: Impossible**
2.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 149

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 16/26. (S5)
9.00 **Airwolf** 18/24. (S4)
10.00 **Mission: Impossible**
11.00 **Killer Wave**
2.40 PM **Legend Lowdown**
2.50 FILM **Five Golden Dragons** Adventure. (1967, PG, 100min) ★★
4.50 **Legend Lowdown**
5.00 **Star Trek** 20/26. (S2)
6.00 **Mission: Impossible**
7.00 **Airwolf** 19/24. (S4)
8.00 **Walker, Texas Ranger**
9.00 FILM **Fugitives** Thriller starring Dominic Purcell. (2015, 15, 15min) ★★
10.50 FILM **Universal Soldier: Regeneration** Thriller sequel with Jean-Claude Van Damme. (2009, 18, 97min) ★★★
12.45 AM FILM **Kill Command** Sci-fi thriller starring Vanessa Kirby. (2016, 15, 100min) ★★★
2.45 **to 4.40** AM FILM **The Wretched** Horror. (2019, 15, 95min) ★★★

Legend Xtra
317 171 69 138

6.00 AM **Farscape: The Peacekeeper Wars**
8.00 FILM **George and the Dragon** Fantasy. (2004, PG, 93min) ★★★
10.00 **Farscape** 22/22. (S4)
11.00 FILM **Asteroid v Earth** Sci-fi disaster movie. (2014, 15, 91min) ★★
1.00 PM FILM **Battle Star Wars** Sci-fi drama. (2020, 12, 86min) ★
3.00 **Farscape** 22/22. (S4)
4.00 **The Prisoner** 4/17. (S1)
5.00 **Farscape: The Peacekeeper Wars**
7.00 **Andromeda** 1/22. (S1)
8.00 **The Prisoner** 5/17. (S1)
9.00 FILM **Sniper: Special Ops** Action thriller starring Steven Seagal. (2016, 15, 82min) ★★
10.45 FILM **Rabid** Chiller with Laura Vandervoort. (2019, 18, 108min) ★★★
1.00 **to 3.00** AM FILM **Sniper: Special Ops** As shown at 9.00pm.

+1 hour 318 371 139

Blaze
164 174 64 162

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters: Pawn Shop Edition**
7.55 **Storage Wars: Texas**
8.25 **Container Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Files: Unsealed**
11.10 **The Proof Is Out There**
12.10 PM **Weird or What?**
1.05 **Monsterquest**
2.05 **Pawn Stars**
3.05 **Storage Wars: Texas**
3.35 **Container Wars**
4.00 **Ancient Aliens**
6.00 **Alien Files: Unsealed**
7.00 **Pawn Stars**
8.00 **Dickinson's Real Deal**
9.00 **What on Earth?**
10.00 **Mysteries from Above**
11.00 **Strange Evidence**
12.00 M'T **Caught on Camera**
1.00 AM **Alien Files: Unsealed**
2.00 **The Proof Is Out There**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT
153 138 46 133

9.00 AM **Entertainment News**
9.10 **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 PM **Columbo**
6.05 **Ben Fogle: New Lives in the Wild** Ben meets a Brit who bought an island off the coast of Panama for £30,000. **7.05** Ben travels to the Namibian desert.
8.00 **Harry Wild** *Best Laid Schemes:* 6/8. Harry, Fergus and Lola discover a kidnap victim in the boot of a car. (S1)
9.00 **Dalgliesh** *The Murder Room:* A doctor is set on fire in the grounds of his family museum.
10.00 **Buried Secrets of WWII** The team investigate the Hurtgen Forest in Germany.
11.00 **Nazi Megastructures**
12.00 M'T **Forged in Fire**
3.30 AM **The Yorkshire Vet**
3.55 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 166

7.00 AM **Building Alaska**
8.00 **Help! I Wrecked My House** Property series.
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **A Place in the Sun**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Bargain Mansions**
2.00 **Flip or Flop Fort Worth**
3.00 **Good Bones**
4.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **Good Bones**
10.00 **Home Town** New edition Transforming a spartan bachelor pad. **11.00** A home with a big kitchen and lots of outdoor space.
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop Fort Worth** New editions Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress: UK** Double bill.
10.00 **Dr Pimple Popper**
11.00 **The Family Chantel**
12.00 NOON **Unexpected: Teenage & Pregnant**
1.00 PM **Sister Wives**
3.00 **7 Little Johnstons**
4.00 **Little People, Big World**
5.00 **The Family Chantel**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives**
8.00 **Seeking Sister Wife** New edition
9.00 **Unexpected: Teenage & Pregnant** New edition
10.00 **Written in the Stars**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Written in the Stars**
3.00 **Sex Sent Me to the ER**
4.00 **Seeking Sister Wife**
5.00 **to 6.00** AM **Extreme Couponing**

+1 hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Home Improvement**
9.00 **Friends** 14-17/24. (S4)
11.00 **New Girl** (S4)
1.00 PM **Friends** (S2&3)
7.00 **Friends** 5/25. Actress Isabella Rossellini drops into Central Perk. **7.30** 6/25. The pals reveal their secrets. **8.00** 7/25. Joey teaches a soap opera acting class. **8.30** 8/25. Phoebe convinces herself she is a walking jinx. (S3)
9.00 **Michael McIntyre: Live & Laughing** Stand-up.
10.00 **Al Murray: Beautiful British Tour – Live at the O2** Stand-up show.
12.20 AM **Jimmy Carr: Making People Laugh**
2.35 **Jessica Fostekew: Silence of the Nans**
3.30 **The Daily Show** New edition Talk show.
3.55 **New Girl** 4/22. (S4)
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Becker** 19-22/22. (S1)
11.00 **Guessable?**
12.00 NOON **Most Ridiculous**
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers: Dinner Party**
3.00 **Daria** 6&7/13. (S2)
4.00 **Becker** 21&22/22. (S1)
5.00 **Home Improvement**
6.00 **Last Man Standing**
7.00 **New Girl** 6/22. Winston has to pass a home visit. **7.30** 7/22. Nick pretends to be gay. **8.00** 8/22. Guest starring Lisa Bonet. **8.30** 10/22. Jesse and Cece have a fight. (S4)
9.00 **South Park** (S26&18)
2.00 AM **The Roast of William Shatner**
3.30 **Mike Judge's Beavis and Butt-Head** (S2)
3.50 **Fugget About It**
4.35 **Reno 911!** 6&7/16. (S5)
5.15 **to 6.00** AM **Criminally Funny**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **999 Frontline**
12.00 NOON **Air Ambulance ER** Documentary.
1.00 PM **Stop, Search, Seize**
2.00 **Most Haunted**
4.00 **DC's Legends of Tomorrow** 8&9/16. (S4)
6.00 **Primeval** 6&7/7. (S2)
8.00 **Stop, Search, Seize**
9.00 **Wolfe** 5/6. An imam is found murdered. **10.00** 6/6. New technology reveals a key piece of evidence. (S1)
11.00 **Fire Country** 8/10. (S2)
12.00 M'T **Highway Patrol**
1.00 AM **The Russell Howard Hour**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

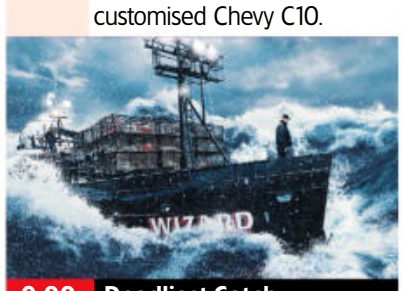
6.00 AM **MTV Cribs**
6.25 **Teen Mom 2**
7.10 **Dallas Cowboys Cheerleaders**
10.30 **MTV Cribs UK**
10.55 **Fresh Out Live**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Dallas Cowboys Cheerleaders** The team's training class attempt to impress the judges.
8.00 NEW SERIES **Teen Mom: The Next Chapter** The mums celebrate at Jade and Sean's wedding.
9.00 **The Family Stallone** Sylvester Stallone allows cameras to document his day-to-day life. **9.30** Sophia turns to her family for help.
10.00 **True Life Crime**
11.00 **Me & My Sugar Daddy**
12.00 M'T **Ridiculousness**
1.00 AM **Ink Master: Revenge**
2.45 **Geordie Shore**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
7.00 **How Do They Do It?**
8.00 **Blowing Up History**
9.00 **How the Universe Works**
10.00 **Iron Resurrection**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Double bill.
3.00 **Hoffman Family Gold**
4.00 **Edge of Alaska** The icy ground thaws into a quagmire.
5.00 **Salvage Hunters**
6.00 **Iron Resurrection** The crew are behind with the 1967 customised Chevy C10.



9.00 Deadliest Catch

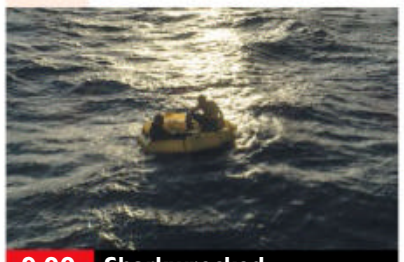
7.00 **Jeremy Wade's Dark Waters** Jeremy travels to Tasmania in search of a freshwater beast on the verge of disappearing.
8.00 **Wheeler Dealers** To Ant's dismay, Mike buys a 1979 Triumph TR7 with a homemade air cleaner, bad wiring and soft shocks.
9.00 **Deadliest Catch** New edition A gale takes out Rick's deckhand, while Johnathan makes good on a promise.
10.00 **Sin City Tow** New edition Tow truck drivers patrol Las Vegas' streets, as they deal with Sin City's craziest characters.
11.00 **Mighty Truckers**
12.00 M'T **Mysteries of the Missing** How new technology could reveal the truth about the lost city of El Dorado.
1.00 AM **Deadliest Catch**
2.00 **Sin City Tow**
3.00 **Gold Rush**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/178 178

8.00 AM **Animal Cribs**
9.00 **Crikey! It's the Irwins**
10.00 **Dogs 101**
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Crikey! It's the Irwins**
2.00 **Coyote Peterson: Brave the Wild** Double bill.
3.00 **Tanked** Two aquariums.
4.00 **Dogs 101** The best way to groom a prized pooch.
5.00 **Alaska: Homestead Rescue** The Raneys continue rescuing a tire bale home in Ohio.
6.00 **Animal Cribs**



9.00 Sharkwrecked...

7.00 **Crikey! It's the Irwins** The Irwins caravan into the Outback to release an emu onto their wildlife conservation area.
8.00 **Return to the Isle of Jaws** Investigating an unusual lack of females at a great white shark breeding ground.
9.00 **Sharkwrecked: Crash Landing** A unique exploration of the world's most remote and shark-infested waters.
10.00 **Alaskan Bush People** Ami's diagnosis forces the Browns to consider shutting the homestead.
11.00 **From Wags to Riches**
12.00 M'T **Pit Bulls & Parolees: Tia's Tales** Tia, Tania and Mariah recount their biggest successes and losses.
1.00 AM **Alaskan Bush People**
2.00 **Dogs 101**
3.00 **Alaska: Homestead Rescue**
4.00 **to 5.00** AM **Animal Cribs**

+1 hour 262/278 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **Construction Fails**
11.00 **Europe from Above**
12.00 NOON **Car S.O.S**
1.00 PM **Air Crash Investigation**
2.00 **Titanic: Case Closed**
4.00 **Drain the Oceans**
5.00 **Car S.O.S** Tim Shaw and Fuzz Townshend work on a 1972 Renault Alpine A110.
6.00 **Nazi Megastructures** How Nazi engineers built some of the largest land battleships in the world.

8.00 Spanish Empire...

7.00 **Air Crash Investigation** Investigating the tragic 1958 crash, involving Matt Busby's Manchester United footballers.
8.00 **Spanish Empire: Rise and Fall** New edition The Spanish monarchy struggles to control its colonies in the Americas.
9.00 **Bloody Tales from History** Stories of magic and witchcraft, including the tale of robbers with ties to the occult.
10.00 **Bloody Tales from History** European history's most outlandish executions, including that of Nazi Amon Goeth.
11.00 **Air Crash Investigation**
12.00 M'T **Britain's Underworld** Glasgow's crime bosses.
1.00 AM **Border Protection Spain**
2.00 **Money Meltdown**
2.30 **Lords of War** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
7.00 **What on Earth?**
8.00 **Rust Valley Restorers**
10.00 **Pawn Stars** Four editions.
12.00 NOON **Counting Cars**
2.00 PM **Battle 360** The Japanese attack on the *USS Enterprise*. **3.00** The *USS Enterprise*'s role in the Gilbert Islands invasion.
4.00 **Pawn Stars** Four editions.
6.00 **American Pickers** For Mike and Jersey Jon, the deals are in a North Carolina garage, and Danielle and Robbie uncover the history of a legendary hotel.

8.00 Pawn Stars Do America

7.00 **Forged in Fire** The bladesmiths recreate the famous battle sword wielded by Napoleon.
8.00 **Pawn Stars Do America** New edition Rick, Corey and Chumlee are on the hunt for collectable objects in Tampa, Florida.
9.00 **Pawn Stars** New edition Rick tackles a football helmet signed by 28 Heisman Trophy winners.
10.00 **Britain's Big Cat Mystery** Documentary exploring stories of mysterious large cats prowling Britain's countryside.
11.15 **Historic Hauntings** The haunted castles of Scotland.
12.15 AM **Pawn Stars** Four editions.
2.05 **Tricky Dick** How Richard Nixon found that his survival hinged on the promise to end the Vietnam War.
3.00 **Pawn Stars Do America**
4.00 **to 6.00** AM **Counting Cars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Inside the Factory: How Our Favourite Foods Are Made** The production of milk.
7.10 **Inside the Factory**
8.00 **Abandoned Engineering**
10.00 **WW2 – Frontlines**
11.00 **Nazi Hunters**
12.00 NOON **Find It, Fix It, Flog It**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash: Restoring Classics** Double bill.
4.00 **WW2 – Frontlines**
5.00 **Nazi Hunters**
6.00 **Antiques Roadshow** From the V&A Dundee design museum.

8.30 Great Coastal Railway...

7.00 **Find It, Fix It, Flog It** Henry and Simon head to Suffolk to meet Terry and Sam, who are living '*The Good Life*'.
8.00 **Great Coastal Railway Journeys** West Wales.
8.30 **Great British Railway Journeys** Michael Portillo takes a flight in a Spitfire.
9.00 **Find It, Fix It, Flog It** Simon and Henry head to Wiltshire to visit an old World War Two airfield.
10.00 **Bangers & Cash: Restoring Classics** The team buy one of the most affordable sports cars – the Mazda MX-5.
11.00 **Abandoned Engineering** Exploring a once lavish palace in Iraq and a former sports stadium in Georgia, USA.
12.00 M'T **Great American Railroad Journeys** Michael Portillo travels across New York state.
1.00 **to 3.00** AM **The Yorkshire Steam Railway: All Aboard**

+1 hour 255 329 74

Wednesday

7 PM
8 PM
9 PM
10 PM

Quest

144 834 137 12 172 167

6.00 AM **Fantomworks**
8.00 **American Pickers**
10.00 **The Repair Shop**
12.00 NOON **How Do They Do It?** Four editions.
2.00 PM **Find It, Fix It, Drive It** Motoring series.
3.00 **Find It, Fix It, Flog It**
5.00 **Wheeler Dealers**
7.00 **Salvage Hunters: Classic Cars**
8.00 **Salvage Hunters: The Restorers** Blacksmith Nev attempts an unconventional redesign on an ejection seat.
9.00 **Salvage Hunters** New edition Drew and Alister hunt for interesting pieces in Shropshire.
10.00 **The Travelling Auctioneers**
11.00 **The Repair Shop**
1.00 AM **Wheeler Dealers**
3.00 **How Do They Do It?**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes... UK**
7.00 **Say Yes... Atlanta**
8.00 **Say Yes to the Dress**
10.00 **Say Yes... Lancashire**
11.00 **The Perfect Murder**
12.00 NOON **Forensic Detectives**
1.00 PM **FBI Files**
2.00 **American Monster**
4.00 **Murder on CCTV**
5.00 **Disappeared**
7.00 **Judge Rinder's Crime Stories** Real-life cases.
8.00 **Murder on CCTV**
10.00 **American Monster** New edition A man reports that his wife has had a tragic accident.
11.00 **High Speed Chase** New edition The driver of an 18-wheeler wreaks havoc in Texas.
12.00 M'T **Nightmare Next Door** Documentary.
1.00 AM **Betrayed**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **48 Hours** Peter Van Sant investigates the death of a decorated Marine colonel in Iraq.
8.00 **Evidence of Evil** The story of how a string of other murders led police to find the killer of Joan Giambra.
9.00 **Nightmare Next Door** When Norma Rodriguez is found dead, it sends shockwaves through Port Hueneme.
10.00 **Bloodline Detectives** Forensic science reveals the name of a serial killer from the 1980s.
11.00 **Fatal Vows** Double bill.
1.00 AM **Nightmare Next Door** Documentary.
2.00 **Bloodline Detectives**
3.00 **Medical Detectives**
4.00 **48 Hours**
4.50 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **New Scotland Yard Files** Examining the case of Laila Rezk.
10.00 **A Stranger in My Home**
11.00 **Medical Detectives**
1.00 PM **Medical Detectives**
2.00 **New Scotland Yard Files** Examining the death of Geeta Aulakh.
3.00 **A Stranger in My Home**
4.00 **Medical Detectives** The disappearance of singer Walter Scott. **4.30** A woman is shot to death in her own home. **5.00** A mother and her children are poisoned with thallium. **5.30** A mother is abducted later found stabbed to death. **6.00** A bomb blast. **6.30** A Marine is found dead and his wife is charged with murder.
7.00 **Judge Judy** Real-life small-claims cases.
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Stop, Search, Seize**
8.00 **Motorbike Cops**
9.00 **The Force: Manchester**
10.00 **Law & Disorder**
11.00 **Killer in My Village**
12.00 NOON **The Beverley Allitt Tapes**
1.00 PM **Murders That Shocked the Nation**
2.00 **What the Killer Did...**
3.00 **World's Most Evil Killers**
4.00 **Catching the Killer**
5.00 **What the Killer Did...**
6.00 **Killer in My Village**
7.00 **Catching the Killer**
8.00 **Britain's Most Evil Killers**
9.00 **Killer in My Village**
10.00 **World's Most Evil Killers**
11.00 **Charmed to Death**
12.00 M'T **Murdered at First Sight** Documentary.
1.00 AM **Britain's Most Evil...**
2.00 **Snapped**
3.00 **Love You to Death**
4.00 **Road Wars**
5.00 **to 6.00** AM **Highlights**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Grand Tours of Scotland** Documentary.
8.55 **Vikings: Rise and Fall**
9.55 **Britain's Great Cathedrals...**
10.50 **Countdown to War**
11.50 **US and the Holocaust**
1.00 PM **Grand Tours of...**
1.40 **Vikings: Rise and Fall**
2.40 **Britain's Great Cathedrals...**
3.35 **Countdown to War**
4.35 **US and the Holocaust**
5.50 **Vikings: Rise and Fall**
6.45 **Britain's Great Cathedrals...**
7.45 **Countdown to War**
8.45 **US and the Holocaust**
9.55 **Britain's Great Cathedrals with Tony Robinson** The actor visits Winchester Cathedral.
10.55 **Asteroid Rush** A look into the science behind the film *Don't Look Up*.
12.00 M'T **Countdown to War**
1.00 **to 2.00** AM **Grand Tours of Scotland**

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | EE HD

WEDNESDAY

Wednesday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Story of Late Night**
7.00 **Discovering: Hugh Grant**
8.00 **The Directors**
8.55 **The Civil War**
10.00 **The Great Rhino Robbery**
11.00 **Murder in Boston: Roots, Rampage and Reckoning**
12.00 NOON **FILM 4 Little Girls** Spike Lee's documentary. (1997, PG, 102min) ★★★★
2.00 PM **Kareem: Minority of One**
3.45 **My Icon: John Amaechi**
4.00 **The Directors**
5.00 **Discovering: Hugh Grant**
5.55 **The Civil War**
7.00 **The Great Rhino Robbery**
8.00 **Murder in Boston: Roots, Rampage and Reckoning**
9.00 **Tony Hawk: Until the Wheels Fall Off** A definitive look at the skateboarder's life and career.
11.30 **The Body Next Door**
12.30 AM **Phoenix Rising**
2.00 **NEW Klitschko: More Than a Fight** A profile of Kyiv mayor and former boxer Vitali Klitschko.
4.00 **The Good Fight Club**
5.00 **to 6.00** AM **Discovering: Hugh Grant**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 **Monkey Life**
8.00 **City Wildlife Rescue**
9.00 **Animal Empires**
10.00 **Evolution Earth**
11.00 **Orangutan Jungle School**
12.00 NOON **Dawn to Dusk**
1.00 PM **Monkey Life**
2.00 **City Wildlife Rescue**
3.00 **Animal Empires**
4.00 **Orangutan Jungle School**
5.00 **Shark Squad**
6.00 **Dawn to Dusk**
7.00 **Monkey Life**
8.00 **Gladiators** The secrets of Australia's toughest fighters.
9.00 **Tales from Zambia** The birdlife of Zambia's Luangwa Valley.
10.00 **Dawn to Dusk** The creatures making the most of the hot Christmas Day in New Zealand.
11.00 **Shark Squad**
12.00 M'T **Islands**
1.00 AM **Kingdom of the Tide**
2.00 **Gladiators** As 8.00pm.
3.00 **Tales from Zambia** As 9.00pm.
4.00 **City Wildlife Rescue**
5.00 **to 6.00** AM **Animal Empires**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Ships**
9.00 **Secrets in the Ice**
10.00 **History of Weapons**
11.00 **Ancient Aliens**
1.00 PM **Ancient Aliens**
3.00 **Decoding the Past**
4.00 **Egypt's Unexplained Files**
5.00 **Secrets in the Ice**
6.00 **Dirty Old Cars**
7.00 **Combat Ships** The Battle of Inchon, an amphibious invasion and conflict within the Korean War, which resulted in a decisive victory and strategic reversal in favour of the United Nations Command.
8.00 **History of Weapons** The evolution of short-range instruments of battle.
9.00 **Evidence of the Unexplained** Unexplained 'aerial phenomena' and reports of so-called 'first contact' moments.
10.00 **Ancient Aliens**
2.00 AM **Dirty Old Cars**
3.00 **Warriors**
4.00 **Egypt's Unexplained Files**
5.00 **to 6.00** AM **Decoding the Past**

Crime+Investigation

156 837 133

6.00 AM **On the Case**
7.00 **Homicide Hunter**
9.00 **What the Killer Did Next**
10.00 **Imperfect Murder**
11.00 **Motive to Murder**
12.00 NOON **Green Eyed Killers**
1.00 PM **Sin City Murders**
2.00 **Accident, Suicide or Murder?**
3.00 **Murder in the 21st**
4.00 **Murdertown**
5.00 **Interrogation Raw**
6.00 **Cold Case Files**
7.00 **The First 48**
8.00 **Imperfect Murder**
9.00 **Green Eyed Killers** New edition Focusing on the case of Joette Smith.
10.00 **Murder at the Motel** New edition The death of US Navy veteran Edward Yesaiti.
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Green Eyed Killers**
2.00 **Murder at the Motel**
3.00 **Accident, Suicide or Murder?**
4.00 **Green Eyed Killers**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Bizarre Animal Friends**
10.00 **America's Mighty Mountains**
11.00 **Animals Gone Wild**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Lake Tanganyika: Africa's Blue Heart**
3.00 **Russia's Wild Tiger**
4.00 **Secrets of the Zoo**
5.00 **Wicked Tuna**
6.00 **Snakes in the City**
7.00 **Yukon Vet** Double bill.
9.00 **Wicked Tuna** Internet sensation Michelle Bancewicz begins her tenure in spectacular fashion.
10.00 **World's Deadliest** Covert killers in the animal kingdom.
11.00 **When Sharks Attack** Experts investigate a series of seven shark attacks in Maui.
12.00 M'T **Alaska: The Next Generation** Documentary.
1.00 AM **Monster Fish**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Expedition Unknown**
7.00 **NASA's Unexplained Files**
8.00 **Blowing Up History**
9.00 **Combat Dealers**
10.00 **Salvage Hunters**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **Combat Dealers**
1.00 PM **How It's Made**
2.00 **NASA's Unexplained Files**
3.00 **Salvage Hunters**
4.00 **Finding Escobar's Millions**
5.00 **Tony Robinson's VE Day: Minute by Minute**
6.00 **Combat Dealers**
7.00 **Expedition Unknown**
8.00 **America: Facts vs Fiction**
9.00 **Combat Dealers: Reloaded**
10.00 **Salvage Hunters**
11.00 **Find It, Fix It, Flog It**
12.00 M'T **Greatest Events of World War II** Archive footage of the final hours of World War Two.
1.00 AM **How It's Made**
2.00 **Salvage Hunters**
3.00 **America: Facts vs Fiction**
4.00 **to 5.00** AM **Find It, Fix It, Flog It**

+1 hour 277 381

Eden

166 176

9.00 AM **Chris Tarrant: Extreme Railways** As shown at 11.00pm.
10.00 **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
7.00 **Abandoned Engineering** The site of the Chernobyl disaster and a Nazi holiday complex. **8.00** Abandoned projects of the space age, including the HARP gun in Barbados and the mountainside Barcroft Observatory in California. **9.00** Exploring a country estate in Ireland where family divisions reflected a national struggle and was caught in the crossfire. **10.00** Exploring Anchieta, a tropical island complex in Brazil.
11.00 **Chris Tarrant: Extreme Railways** The presenter travels through Morocco and the Sahara to Timbuktu in Mali.
12.00 M'T **Anthony Bourdain: Parts Unknown** Exploring Seattle.
1.00 AM **Abandoned Engineering**
5.20 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

6.00 AM **Disappeared**
7.00 **Teleshopping**
8.00 **A Killer's Mistake**
9.00 **In Pursuit with John Walsh**
11.00 **Home Sweet Homicide**
1.00 PM **I'd Kill for You**
3.00 **The Killer Beside Me**
5.00 **A Killer's Mistake**
6.00 **Forbidden: Dying for Love**
7.00 **Where Murder Lies** The fatal stabbing of a married student.
8.00 **Disappeared** The case of Pepita Redhair, a 27-year-old Navajo woman, who went missing in Albuquerque, New Mexico.
9.00 **Crime Scene Confidential** The case of Michelle Witherell, who was found lying on the ground beneath her balcony with fatal head injuries.
10.00 **Real Time Crime**
11.00 **Calls from the Inside**
12.00 M'T **The Playboy Murders**
2.00 AM **Disappeared**
3.00 **A Killer's Mistake**
4.00 **Forbidden: Dying for Love**
5.00 **to 6.00** AM **Where Murder Lies**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Vintage Voltage**
7.00 **Wheeler Dealers**
8.00 **Goblin Works Garage**
9.00 **Head 2 Head**
10.00 **Fifth Gear**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Shed and Buried**
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Fantomworks**
4.00 **Extreme RVs**
5.00 **Salvage Hunters: Classic Cars**
6.00 **Shed and Buried**
7.00 **Wheeler Dealers** Restoring a 1973 Ford Mustang Mach 1.
8.00 **Extreme RVs** Marathon Coach build a family-ready RV.
9.00 **Million Dollar Wheels** RD is out for revenge after Melissa steals his client.
10.00 **Shed and Buried**
11.00 **Wheeler Dealers**
12.00 M'T **Extreme RVs**
1.00 AM **Texas Metal**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Twin Turbos**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.25 AM **Uproar** As 6.00pm.
9.25 **Under the Boardwalk** (2023)
10.55 **The Inventor** Animation. (2023, PG, 100min) ★★★
12.45 PM **What Happens Later**
2.45 **Robin and the Hoods** Comedy starring Naomie Harris. (2024, PG, 100min) ★★
4.30 **Under the Boardwalk** Animated musical comedy. (2023, PG, 83min) ★★★
6.00 **Uproar** Comedy drama. (2023, 12, 110min) ★★★

6.00 Uproar

8.00 **Night Swim** Horror starring Wyatt Russell and Kerry Condon. A woman swimming in her pool at night is terrorised by an evil spirit. With Amélie Hoeferle and Jodi Long. (2024, 15, 98min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Mean Girls** Musical adaptation of the 2004 cult teen comedy, starring Angourie Rice. Teenager Cady Heron is a hit with a school clique when she makes the mistake of falling for Aaron Samuels. (2023, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Concrete Utopia** South Korean drama starring Lee Byung-hun. Subtitled. (2023, 15, 130min) ★★★★
2.00 AM **What Happens Later** Romantic comedy with Meg Ryan and David Duchovny. (2023, 15, 99min) ★★★
3.50 **to 6.05** AM **Concrete Utopia**

Sky Cinema Blockbusters

303 403 503 517

7.35 AM **War of the Worlds**
9.40 **Mr Peabody & Sherman**
11.20 **Matilda** Roald Dahl's dark children's fantasy. (1996, PG, 98min) ★★★★
1.10 PM **Over the Hedge** Satirical animated comedy. (2006, U, 83min) ★★★★
2.40 **Shakespeare in Love** (1998)
4.50 **King Kong** Peter Jackson's spectacular remake of the classic monster movie. (2005, 12, 187min) ★★★★

8.00 War of the Worlds

8.00 **War of the Worlds** Steven Spielberg's sci-fi thriller based on HG Wells' classic novel, starring Tom Cruise. When an extraterrestrial army launch an attack on Earth, a dockworker strives to protect his children. (2005, 12, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Beekeeper** Thriller with Jason Statham. An apparently unassuming man finds someone important to him has been scammed and driven to harm, so seeks vengeance on those responsible. (2023, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Shakespeare in Love** Romantic comedy with Joseph Fiennes and Gwyneth Paltrow. (1998, 15, 122min) ★★★★
2.00 AM **King Kong** As 4.50pm.
5.10 **to 6.50** AM **Mr Peabody & Sherman** Animated comedy. (2014, U, 97min) ★★★★

Sky Cinema Drama

310 410 510 524

7.40 AM **All My Puny Sorrows**
9.40 **Burlesque** As 4.00am.
11.45 **Lady Bird** As 8.00pm.
1.25 PM **Bridget Jones's Diary** Romantic comedy drama. (2001, 15, 96min) ★★★★
3.10 **Bridget Jones's Baby** Comedy sequel. (2016, 15, 123min) ★★★
5.20 **Cold Mountain** Director Anthony Minghella's romantic epic. (2003, 15, 152min) ★★★

8.00 **Lady Bird** Comedy drama starring Saoirse Ronan and Laurie Metcalf. An artistic teenager endures a difficult relationship with her mother while growing up in California. (2017, 15, 94min) ★★★★★
9.40 **Dreamgirls** Musical based on the hit Broadway show inspired by the story of Diana Ross and The Supremes, starring Jamie Foxx, Beyoncé Knowles, Eddie Murphy and Jennifer Hudson. (2006, 12, 130min) ★★★★

11.55 **Dallas Buyers Club** Fact-based drama starring Matthew McConaughey and Jared Leto. (2013, 15, 114min) ★★★★
2.00 AM **All My Puny Sorrows** Drama. (2021, 15, 103min) ★★★
4.00 **to 6.05** AM **Burlesque** Musical drama. (2010, 12, 119min) ★★★

Sky Cinema Sci-fi

311 411 511 525

6.55 AM **Sick** As shown at 1.50am.
8.25 **Dual** As shown at 12.10am.
10.05 **Star Trek Beyond** Adventure. (2016, 12, 122min) ★★★★
12.10 PM **The Matrix Revolutions** Sci-fi action thriller sequel. (2003, 15, 129min) ★★★
2.20 **57 Seconds** Fantasy thriller. (2023, 15, 99min) ★★★
4.05 **Edge of Tomorrow** Adventure. (2014, 12, 113min) ★★★★

6.00 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. A linguist must find a way to communicate with an alien race as the world teeters on the brink of global conflict. (2016, 12, 116min) ★★★★★
8.00 **The Island** Sci-fi action thriller starring Ewan McGregor and Scarlett Johansson. (2005, 12, 136min) ★★★
10.20 **Ex Machina** Sci-fi drama starring Domhnall Gleeson. (2014, 15, 104min) ★★★★

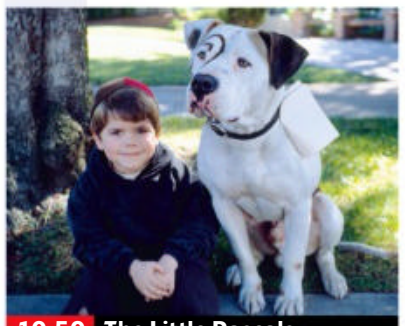
12.10 AM **Dual** Sci-fi thriller. (2022, 15, 94min) ★★★★
1.50 **Sick** Horror starring Gideon Adlon. (2022, 18, 83min) ★★★
3.20 **Upgrade** Sci-fi thriller. (2018, 15, 100min) ★★★★
5.05 **to 7.20** AM **The Core** Sci-fi thriller. (2002, 12, 135min) ★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.05 AM **The Little Rascals** (1994)
8.40 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
11.00 **The Lord of the Rings: The Fellowship of the Ring** Epic fantasy. (2001, PG) ★★★★★
2.10 PM **Jumanji** Adventure. (1995, PG, 104min) ★★★★
4.00 **The Karate Kid Part II** Adventure. (1986, PG) ★★
6.05 **The Lord of the Rings: The Two Towers** Epic fantasy. (2002, 12, 179min) ★★★★★


10.50 The Little Rascals

The Lord of the Rings: The Two Towers (film started at 6.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **Robo-Dog** Family sci-fi adventure with Michael Campion. An inventor replaces his son's dead dog with a mechanical version, equipped with all kinds of gadgets. (2015, PG, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **The Little Rascals** Family comedy starring Travis Tedford and Bug Hall. (1994, U, 83min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Bicentennial Man** Romantic sci-fi melodrama. (1999, PG, 131min) ★★★
2.50 **Step Dogs** Family comedy. (2013, U, 82min) ★
4.25 **to 6.10** AM **Pups United** Family canine adventure. (2015, U, 89min) ★★★

Sky Cinema Action

307 407 507 521

7.15 AM **American Night** (2021)
9.30 **One More Shot** As 12.45am.
11.20 **Retribution** Action thriller. (2023, 12, 91min) ★★
1.00 PM **Blue Beetle** Fantasy. (2023, 12, 127min) ★★★★
3.15 **2012** Epic disaster movie starring John Cusack. (2009, 12, 158min) ★★★
6.05 **The Fast and the Furious** Action thriller starring Vin Diesel and Paul Walker. (2001, 15, 107min) ★★★

3.15 2012

8.00 **Batman Begins** Dark comic-book thriller tracing the origins of Batman, starring Christian Bale, Liam Neeson, Cillian Murphy and Michael Caine. Young billionaire Bruce Wayne creates a formidable alter-ego to strike fear into the crooks and thugs of crime-riddled Gotham City. (2005, 12, 140min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **American Night** Crime drama starring Jonathan Rhys Meyers, Emile Hirsch and Paz Vega. (2021, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **One More Shot** Action thriller starring Scott Adkins. (2023, 15, 102min) ★★
2.40 **Jackie Chan's Armour of God** Martial arts thriller. (1986, 15, 95min) ★★★
4.30 **to 6.10** AM **Deadlock** Action thriller starring Bruce Willis. (2021, 15, 97min) ★

Sky Cinema Comedy

308 408 508 522

6.20 AM **Bros** As 4.20pm.
8.25 **LaRoy, Texas** As 1.45am.
10.30 **Johnny English** Comedy. (2002, PG, 88min) ★★★
12.10 PM **Being John Malkovich** Comedy starring John Cusack. (1999, 15, 112min) ★★★★★
2.15 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
4.20 **Bros** Romantic comedy. (2022, 15, 115min) ★★★★
6.25 **My Big Fat Greek Wedding 3**

8.00 Step Brothers

8.00 **Step Brothers** Comedy starring Will Ferrell and John C Reilly. Two middle-aged unwilling stepbrothers learn that they must share a room after their single parents get married. (2008, 15, 98min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Bill & Ted's Bogus Journey** Fantasy comedy with Keanu Reeves and Alex Winter as teenage rockers trying to overcome evil robot doubles sent from the future. (1991, PG, 93min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Kingpin** Crude comedy. (1996, 12, 114min) ★★★
1.45 AM **LaRoy, Texas** Crime caper. (2023, 15, 112min) ★★★★
3.40 **My Big Fat Greek Wedding 3** Romantic comedy sequel. (2023, 12, 92min) ★★
5.25 **to 7.15** AM **Paul Dood's Deadly Lunch Break** Comedy thriller. (2021, 15, 95min) ★★

Sky Cinema Thriller

309 409 509 523

6.55 AM **Out of the Blue** (2022)
8.45 **Marlowe** As shown at 1.35am.
10.40 **Miami Vice** Crime thriller. (2006, 15, 133min) ★★★★
12.55 PM **Stowaway** Action thriller. (2022, 15, 94min) ★★
2.35 **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★★★
4.35 **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★
6.20 **Last Seen Alive** Mystery thriller starring Gerard Butler. (2022, 15, 95min) ★★★

9.55 Layer Cake

8.00 **Red Right Hand** Thriller starring Orlando Bloom and Andie MacDowell. A man is attempting to live an honest life, but circumstances force him to protect his family. (2023, 15, 111min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Layer Cake** Gangster thriller starring Daniel Craig, Michael Gambon and Sienna Miller. A slick London drug dealer finds himself in trouble when a drug deal goes sour. With Colm Meaney. (2004, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Out of the Blue** Romantic thriller. (2022, 15, 104min) ★★
1.35 AM **Marlowe** Crime thriller. (2022, 15, 110min) ★★
3.30 **Kindred** Horror thriller. (2021, 15, 101min) ★★★
5.15 **to 6.50** AM **Into the Deep** Thriller starring Ella-Rae Smith. (2022, 15, 90min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Wonder Park** Animation. (2019, PG, 85min) ★★★★
12.45 PM **Diary of a Wimpy Kid: The Long Haul** Comedy sequel. (2017, U, 91min) ★★
2.30 **The Land That Time Forgot** Fantasy. (1974, PG) ★★★
4.20 **The Legend of Zorro** Action adventure sequel. (2005, PG, 130min) ★★★
6.55 **Assassin's Creed** Adventure. (2016, 12, 115min) ★★

9.00 Cowboys & Aliens

Assassin's Creed (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Cowboys & Aliens** Sci-fi Western starring Daniel Craig, Harrison Ford and Olivia Wilde. An amnesiac outlaw and a ruthless cattle baron join forces to repel an attack by invading space aliens. (2011, 12, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.20 **Meet the Parents** Comedy starring Robert De Niro and Ben Stiller. A neurotic male nurse's efforts to impress his girlfriend's father disastrously backfire. With Teri Polo. (2000, 12, 108min) ★★★★
1.30 **to 3.30** AM **The Girl and the Spider** Swiss drama starring Henriette Confurius. Subtitled. (2021, 18, 98min) ★★★

11 PM

+1 hour 314 430 47 301

Sky Cinema Adventure

302 402 502 516

6.45 AM **Swallows and Amazons** Drama starring Rafe Spall. (2016, PG, 95min) ★★★★
8.30 **The Legend of Zorro** Swashbuckling adventure sequel. (2005, PG, 130min) ★★★
10.45 **The Addams Family** Comedy. (1991, PG, 95min) ★★★★
12.30 PM **Addams Family Values** Black comedy sequel. (1993, PG, 92min) ★★★★

2.15 **Mad Max: Fury Road** Sci-fi thriller starring Tom Hardy. (2015, 15, 120min) ★★★★★
4.15 **Batman Begins** Comic-book thriller tracing the origins of Batman, starring Christian Bale. (2005, 12, 140min) ★★★★★
6.40 **Need for Speed** Action adventure starring Aaron Paul. (2014, 12, 132min) ★★★
9.00 **Now You See Me** Heist thriller starring Jesse Eisenberg, Mark Ruffalo and Woody Harrelson. (2013, 12, 115min) ★★★

11.00 **RoboCop** Comic-book thriller. (1987, 18, 103min) ★★★★★
12.50 AM **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
3.05 **The Portable Door** Fantasy. (2023, PG, 130min) ★★★
5.05 **to 7.05** AM **The Voyagers** Fantasy. (2022, PG) ★★★

Sky Cinema Greats

304 404 504 518

6.15 AM **Sunset Boulevard** (1950)
8.10 **Parenthood** As 3.25pm.
10.15 **It Came from Outer Space**
11.40 **Kinky Boots** Comedy with Joel Edgerton and Chiwetel Ejiofor. (2005, 12, 107min) ★★★★
1.30 PM **Sunset Boulevard** Classic Hollywood melodrama. (1950, b/w, PG, 110min) ★★★★★
3.25 **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★

5.30 **Inception** Christopher Nolan's sci-fi thriller starring Leonardo DiCaprio. A corporate spy assembles a team to infiltrate the dreams of a billionaire. (2010, 12, 148min) ★★★★★
8.00 **Oppenheimer** Biopic starring Cillian Murphy. J Robert Oppenheimer leads the Manhattan Project to develop an atomic weapon before Hitler and end World War Two. With Robert Downey Jr and Emily Blunt. (2023, 15, 180min) ★★★★★

11.00 **American Gigolo** Thriller. (1980, 18, 117min) ★★★
1.00 AM **Jarhead** Military drama. (2005, 15, 123min) ★★★★
3.10 **It Came from Outer Space** Vintage sci-fi thriller. (1953, b/w, PG, 81min) ★★★
4.40 **to 6.35** AM **Kinky Boots**

Sky Cinema Animation

305 412 500 514

6.15 AM **Mavka: The Forest Song**
8.05 **Rock Dog 2: Rock Around...**
9.45 **The Rugrats Movie** Animation. (1998, U, 80min) ★★★
11.15 **The Secret Life of Pets** Animation. (2016, U) ★★★
12.50 PM **The Pirates! In an Adventure with Scientists** Comedy. (2012, U) ★★★★
2.25 **Extinct** Animated adventure. (2021, U, 84min) ★★★

4.00 **Mummies** Animated comedy. (2023, U, 88min) ★★★
5.35 **The Super Mario Bros Movie** Animated family adventure. (2022, PG, 92min) ★★★
7.25 **Puss in Boots: The Last Wish** Animated family comedy. (2022, PG, 102min) ★★★★
9.25 **Asterix: The Secret of the Magic Potion** Animation. (2018, PG, 81min) ★★★
11.05 **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★

12.50 AM **Mavka: The Forest Song** Animated fantasy adventure. (2023, PG, 99min) ★★
2.45 **Curious George** Animation. (2006, U, 87min) ★★★★
4.30 **to 6.05** AM **Free Birds** Animated comedy adventure. (2013, U, 91min) ★★

Movies 24

312 419

7.00 AM **Campfire Romance** Romantic comedy drama. (2022, PG, 90min) ★★
9.00 **Girlfriendship** Romantic comedy. (2022, PG, 84min) ★★
11.00 **North to Home** Drama. (2022, PG, 84min) ★★
1.00 PM **Just One Kiss** Romantic comedy. (2022, PG, 85min) ★★
3.00 **A Missed Connection** Romantic drama. (2023, PG, 90min) ★★

5.00 **Cut, Color, Murder** Mystery drama starring Julie Gonzalo. (2022, PG, 84min) ★★
7.00 **Love's Secret Ingredient** Romantic comedy starring Brianna Cohen and Chris Connell. (2023, PG, 91min) ★★
9.00 **Our Take on Love** Romantic drama starring Lesa Wilson and Russell Quinn. A fashion designer and a filmmaker fall for each other while planning a celebration of a historical love story. (2022, PG, 87min) ★★

11.00 **At Home in Mitford** Drama. (2017, PG, 84min) ★★
1.00 AM **Love Afloat** Romantic drama. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **Stepping into Love** Drama. (2023, PG, 82min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Burke's Law** 12/32. (S2)
7.00 **Sailor Beware!** Comedy. (1956, b/w, U, 80min) ★★
8.35 **The Way of the World** Drama.
9.15 **Once In a New Moon** Sci-fi. (1935, b/w, U, 79min) ★★★
10.30 **The Buccaneers** 31/39. (S1)
11.05 **Someone at the Door** Comedy thriller. (1950, b/w, PG, 75min) ★
12.20 PM **Master Spy** Espionage thriller. (1962, b/w, U, 68min) ★★

1.45 **Look at Life**
1.55 **The Brothers** 7/10. (S1)
3.00 **Saddle Up**
3.05 **Abilene Town** Western. (1946, b/w, 15, 91min) ★★★
4.45 **The Life and Legend of Wyatt Earp** 4/33. (S1)
5.20 **Bonanza** 10/34. (S2)
6.25 **The Texan** 3/37. (S1)
7.00 **Dixon of Dock Green** (S21)
8.05 **The Human Jungle** 3/13. (S2)
9.05 **Crime Story** 1/8. (S2)
10.10 **Carry On Spying** James Bond spoof. (1964, b/w, U) ★★★★

11.55 **Tell Me Another**
12.30 AM **Maigret** 3/13. (S2)
1.35 **Silent Rage** Sci-fi chiller starring Chuck Norris and Ron Silver. (1982, 18, 91min) ★★
3.40 **Quatermass 2** Sci-fi horror sequel. (1957, b/w, 12, 85min) ★★
5.25 **to 6.00** AM **One Step Beyond**

WEDNESDAY Sport 14 August

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers** Featuring a round-up of the latest football transfer news.
10.00 **The Football Show** A detailed look at all the major stories making the football headlines.
11.00 LIVE **The Hundred Southern Brave v Welsh Fire.** The women's match from Utilita Bowl, Southampton. Start-time **11.30am**.
2.30 PM LIVE **The Hundred Southern Brave v Welsh Fire.** Coverage of the men's match from Utilita Bowl in Southampton. Start-time **3.00pm**.
6.00 **Sky Sports News at 6**
7.00 **The Transfer Show** Analysis of the latest transfer news.
7.30 LIVE **EFL Cup Leeds United v Middlesbrough.** Coverage of the first-round tie at Elland Road. Kick-off **8.00pm**.
10.45 LIVE **WTA & ATP Tennis** Coverage of the second day's play of the Cincinnati Open, a hard-court tournament that takes place at Lindner Family Tennis Centre in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Goals Of The Season**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Retro** Bolton v Chelsea.
5.00 **Premier League Best Goals**
6.00 **PL 100: David Seaman**
6.30 **Premier League 100: Michael Owen**
7.00 **Premier League Stories**
7.30 **Premier League Icons**
8.00 **Gary Neville's Soccerbox** With guest Robbie Keane.
9.00 **Premier League Stories**
9.30 **Gary Neville's Soccerbox** With guest Ashley Cole.
10.00 **Class of '92: Full Time**
11.00 **Premier League Stories**
11.30 **Premier League Icons**
12.00 M'T **Premier League Years**
2.00 AM **Premier League Stories**
2.30 **Premier League Icons**
3.00 **PL Greatest Games**
4.00 **PL Best Goals 09/10**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **There's Only One Sauzee**
8.30 **Dundee United: Champions 83**
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Goals of the Carabao Cup**
11.30 **EFL Trophy Football**
12.00 NOON **EFL Cup**
2.00 PM **Scottish Premiership Round-Up** The opening round.
2.15 **SPFL Highlights**
2.30 **Bundesliga**
3.30 **EFL Highlights**
4.30 **EFL Cup Highlights**
5.00 **Scottish Premiership Round-Up**
5.15 **SPFL Highlights**
5.30 **EFL Highlights**
6.30 **Scottish Premiership Round-Up**
6.45 **SPFL Highlights**
7.00 **EFL Highlights**
7.30 LIVE **EFL Cup Leeds United v Middlesbrough.** The first-round tie at Elland Road. Kick-off **8pm**.
10.45 **Mission to Burnley**
11.45 **EFL Cup Highlights**
12.45 AM **EFL Greatest Games**
1.00 **Championship Retro**
3.00 **EFL Rivalries**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Final 16**
5.00 **to 6.00** AM **EFL**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **The Hundred** Northern Superchargers Women v London Spirit Women at Headingley.
9.30 **The Hundred Bitesize**
11.00 LIVE **The Hundred Southern Brave v Welsh Fire.** Coverage of the women's match at Utilita Bowl. Start-time **11.30am**.
2.30 PM LIVE **The Hundred Southern Brave v Welsh Fire.** Coverage of the men's match at Utilita Bowl. Start-time **3.00pm**.
6.00 LIVE **The Hundred Trent Rockets v Oval Invincibles.** Coverage of the men's match at Trent Bridge. Start-time **6.30pm**.
9.30 **The Hundred Bitesize** Trent Rockets Men v Oval Invincibles Men. **9.45** Trent Rockets Women v Oval Invincibles Women. **10.00** Action from Southern Brave Men v Welsh Fire Men. **10.15** Southern Brave Women v Welsh Fire Women.
10.30 **The Hundred** Trent Rockets Women v Oval Invincibles Women. **1.35** AM Trent Rockets Men v Oval Invincibles Men.
5.05 **Best of England v Sri Lanka**
5.30 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 515 505 423 443

6.00 AM **PGA Tour Golf**
11.00 **Europe! Europe!**
1.00 PM **Hall or Nothing: Georgia's Story** Georgia Hall profile.
2.00 **LPGA Tour Golf**
3.00 **US Women's Open Golf**
4.00 **Women's PGA Championship**
5.00 **LPGA Tour Golf**
6.00 **PGA Tour Champions**
7.00 **PGA Tour: The Cut**
7.30 **European Challenge Tour Golf** The Farmfoods Scottish Challenge.
8.00 **One Shot Away**
8.30 **PGA Tour Golf** The 2024 Wyndham Championship.
9.30 **PGA Tour: The Cut**
10.00 **European Challenge Tour Golf** The Farmfoods Scottish Challenge supported by the R&A.
10.30 **One Shot Away**
11.00 **PGA Tour Champions**
12.00 M'T **PGA Tour: The Cut**
12.30 AM **European Challenge Tour Golf** The Scottish Challenge.
1.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **Tennis** Highlights of the WTA Canadian Open final. **7.00** Action from the ATP Canadian Open final. **8.00** The Cincinnati Open.
4.00 PM LIVE **WTA & ATP Tennis** Coverage of day two of the Cincinnati Open at Lindner Family Tennis Centre in Mason, Ohio.
4.00 AM **US Open Tennis**
4.15 **US Open Classic Matches**
5.00 **to 6.00** AM **Tennis**

TNT Sports 1

410 870 527 408 430

6.00 AM **What I Wore**
6.30 **Ariel Helwani Meets**
7.00 **WWE Monday Night Raw**
9.30 **The Fantasy Show**
10.00 **UEFA Super Cup** Bayern Munich v Sevilla from 2020. **11.30** Action from Chelsea v Villarreal from 2021. **1.00** PM Action from Real Madrid v Eintracht Frankfurt from 2022. **2.30** Action from Manchester City v Sevilla from 2023.
4.00 **UEFA Europa League**
5.30 **UEFA Champions League** Action from the 2023/24 final.
7.00 LIVE **UEFA Super Cup Real Madrid v Atalanta.** Coverage of the match from Kazimierz Gorski National Stadium in Warsaw, Poland. Kick-off **8.00pm**.
10.30 **Premier League Stories**
11.00 LIVE **MLB Boston Red Sox v Texas Rangers.** Coverage of the American League match at Fenway Park. Start-time **11.10pm**.
2.15 AM **MLB Plays of the Week**
2.45 **TNT Sports Reload**
3.00 **Premier League Legends**
4.00 **What Went Down**
5.00 **to 6.00** AM **Fishing: On the Bank**

TNT Sports 2

411 871 528 409 431

6.00 AM **Test Cricket Highlights** West Indies v South Africa.
8.00 **AFL** Carlton v Hawthorn. **10.00** Richmond v St Kilda. **12.00** NOON Adelaide Crows v Western Bulldogs.
2.00 PM **MotoGP Classics** The 2018 Grand Prix of Austria.
3.00 **MotoGP Highlights**
4.00 **What I Wore** Joe Cole describes his passion for football.
4.15 **Sign Up – Into Football**
4.30 **MLB Highlights**
5.30 **MLB Plays of the Week** A look at the most exciting plays.
6.00 LIVE **MLB Minnesota Twins v Kansas City Royals.** Coverage of the American League Central match, which comes from Target Field. Start-time **6.10pm**.
9.15 **WWE Raw Highlights**
10.15 **UFC Countdown** A look ahead to the upcoming UFC 305 action at RAC Arena in Perth, Australia.
11.15 **Tom Aspinall's Fight Lab**
12.00 M'T **UFC** Tybura v Spivac.
3.00 AM **Fight Week**
3.45 **Tom Aspinall's Fight Lab**
4.30 **UFC Countdown**
5.30 **to 6.00** AM **Formula E Unplugged**

TNT Sports 3

417 874 529 410 432

6.00 AM **Classic Premier League**
12.00 NOON **Premier League Review** A look back at the best goals from the 2022/23 season. **1.00** PM Featuring action from Chelsea v Tottenham Hotspur. **2.00** Including Manchester City v Manchester United. **3.00** Including action from Chelsea v Newcastle United. **4.00** Including Everton v Liverpool and Arsenal v Chelsea. **5.00** Including Manchester City v Arsenal and Liverpool v Brighton. **6.00** Including action from Manchester City v Aston Villa. **7.00** Including action from Manchester United v Liverpool.
9.00 **Test Cricket Highlights** West Indies v South Africa.
11.00 **Back into the Sunshine** How English clubs struggled to adapt following the end of their European Football ban.
12.45 AM **UEFA Super Cup** Real Madrid v Atalanta.
2.15 **What I Wore** Featuring England striker Harry Kane.
2.30 **Ultimate Pool**
4.00 **Down the Clubhouse**
5.00 **to 6.00** AM **The Football's On**

Sky Sports Action

408 517 507 426 446

6.00 AM **Fight Night International**
7.00 **Top Rank Boxing Archive**
8.00 LIVE **NPC Rugby Bay of Plenty v Counties Manukau.** Coverage of the match from the first round of fixtures at Rotorua International Stadium in New Zealand. Kick-off **8.05am**.
10.00 **NFL Highlights**
11.00 **Fight Night International**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **Fight Night**
4.00 **NFL Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Highlights**
9.00 **Fight Night** Joshua Buatsi v Dan Azeez from February 2024.
10.00 **NFL Bitesize Highlights**
10.30 **NFL Highlights** New York Jets v Los Angeles Chargers. **11.30** Detroit Lions v Tampa Bay Buccaneers from 2023/24.
11.45 **NFL Bitesize Highlights**
12.00 M'T **The Insiders**
1.00 AM **NBC's Pro-Football Talk**
3.00 **NFL Bitesize Highlights**
3.15 **Super Bowl LVIII Bitesize**
3.30 **NFL Bitesize Highlights**
5.00 **to 6.00** AM **Fight Night International**

Sky Sports Mix

416 873 510 429 449

6.00 AM **NFL Highlights**
9.00 **Fight Night** Action from Chris Billam-Smith v Richard Riakporhe.
10.00 **The Hundred Bitesize**
11.30 **Tennis** Miami Open review.
1.00 PM **Hall or Nothing: Georgia's Story** Georgia Hall profile.
2.00 **WTA All Access Magazine**
2.30 **The Hundred Bitesize**
2.45 **My Icon** Linford Christie.
2.55 LIVE **The Hundred Trent Rockets v Oval Invincibles.** The women's match from Trent Bridge. Start-time **3.00pm**.
6.00 LIVE **The Hundred Trent Rockets v Oval Invincibles.** Coverage of the men's match from Trent Bridge, Nottingham. Start-time **6.30pm**.
9.30 **The Hundred Bitesize**
10.00 **Fight Night** Joshua Buatsi v Dan Azeez from February 2024.
11.00 **PGA Tour Champions** The 2024 Boeing Classic.
12.00 M'T **Formula 1**
1.00 AM **PGA Tour Golf**
2.00 **Top Rank Boxing Archive**
4.00 **PGA Tour Golf**
5.00 **to 6.00** AM **Top Rank Boxing Archive**

TNT Sports 4

421 876 530 411 434

6.00 AM **MLB Highlights**
7.00 **NWSL**
10.00 **MLB Highlights**
11.00 **MLB Classic**
12.00 NOON **What I Wore**
12.15 PM **Tom Aspinall's Fight Lab** A preview of UFC 305 at RAC Arena in Perth, Australia.
1.00 **MLB Highlights**
2.00 **Fishing: On the Bank**
3.00 **Test Cricket Highlights** West Indies v South Africa.
5.00 **WWE SmackDown Highlights**
6.00 **WWE Raw Highlights**
7.00 **TNT Sports Reload**
7.30 **Ultimate Pool** Group 9 of the Ultimate Pool Pairs Cup.
9.00 **Fishing: On the Bank** A look at the 2016 European Float Fishing Championships.
10.00 **AFL** Carlton v Hawthorn. **12.00** M'T Richmond v St Kilda. **2.00** AM Action from Adelaide Crows v Western Bulldogs.
4.00 **to 6.00** AM **MLB Classic**

Eurosport 1

413 868 521 412 435

6.30 AM **Cycling: The Breakaway**
7.00 **Olympic Games Paris 2024: Best of Team GB**
9.00 **Cycling: Vuelta a España**
10.00 **Cycling: Tour de France Femmes** Stage three highlights.
11.30 **Cycling: Tour of Czech Republic**
12.30 PM LIVE **Cycling: Tour de France Femmes** Stage four.
3.30 LIVE **Cycling: Tour of Denmark** The opening stage.
4.45 **Cycling: Strade Bianche**
5.00 **Olympic Games Paris 2024: Best of Team GB**
7.00 **Cycling: Tour of Denmark**
8.00 **Cycling: Tour de France Femmes** Action from stage four.
9.30 **Olympic Games Paris 2024: Best of Team GB**
11.30 **Cycling: Tour de France Femmes** Action from stage four.
1.00 AM **Cycling: Tour of Denmark**
2.00 **Cycling**
3.30 **Bennetts British Superbikes**
5.30 **to 6.30** AM **Cycling**

Eurosport 2

414 869 522 413 436

6.30 AM **Speedway Grand Prix**
7.30 **Cycling: Tour de France Femmes** Stage three highlights.
9.00 **British Speedway**
10.00 **Motocross World Championship**
12.00 NOON **Olympic Games Paris 2024: Best of Team GB**
2.00 PM **World Superbikes**
4.00 **Speedway Grand Prix**
6.00 **Cliff Diving**
7.00 **Olympics: Hall of Fame**
8.00 **Discovery Golf**
9.00 **Australian Superbikes**
10.00 **Cycling: Tour de France Femmes** Action from stage four.
11.00 **Cycling: Tour de France Femmes – The Breakaway**
11.30 **Discovery Golf**
12.00 M'T **Speedway Grand Prix**
2.00 AM **Olympic Games Paris 2024: Best of Team GB**
4.00 **Cycling: Tour de France Femmes** Action from stage four.
5.30 **to 6.30** AM **Speedway Grand Prix**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **The Football Show**
11.00 LIVE **The Hundred Southern Brave v Welsh Fire.** Coverage of the women's match at Utilita Bowl, Southampton. Start-time **11.30am**.
2.30 PM **Sports Desk**
4.00 LIVE **WTA & ATP Tennis** Coverage of day two of the Cincinnati Open, at Lindner Family Tennis Centre in Mason, Ohio.
7.35 LIVE **EFL Cup Hull City v Sheffield Wednesday.** Coverage of the first-round encounter from the MKM Stadium. Kick-off **7.45pm**.
9.45 **Mission to Burnley**
10.45 LIVE **WTA & ATP Tennis** Coverage of day two of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Centre in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
11.00 **Ted's Senna Notebook**
11.30 **The F1 Show**
12.30 PM **Formula 1** The Canadian Grand Prix qualifying session.
2.30 **Ted's Notebook**
3.00 **Formula 1** Another chance to see the Canadian Grand Prix.
7.10 **Ted's Notebook**
7.40 **Stormzy X Brundle: Extended**
7.50 **Wolff: Fast Tracks & High Stakes** With Toto Wolff.
8.00 **Formula 1** Canadian Grand Prix.
11.25 **Ted's Notebook**
11.55 **Alonso's Stem Karting Event**
12.00 M'T **Formula 1** In Montreal.
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Thursday

15 August

Evening Planner

Documentary

Who Do You Think You Are?
BBC1, 9pm
Actor Vicky McClure journeys to Taiwan to learn about her great-grandfather.

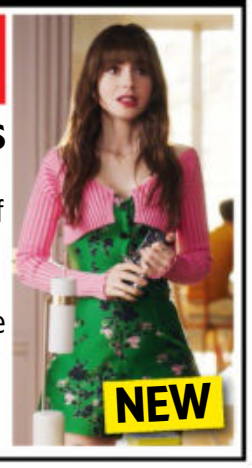
Comedy

Daddy Issues
BBC3, 9pm
David Morrissey stars as a useless father who ends up moving in with his hard-partying – and now pregnant – daughter.

OnDemand

NETFLIX

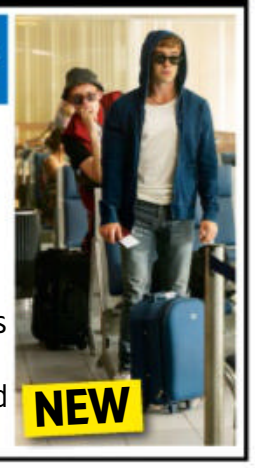
Emily in Paris
Available today
The opening half of season four sees Emily (Lily Collins) still reeling after the dramatic events of Camille and Gabriel's wedding.



OnDemand

Paramount+

Stags
Available today
A group of Brits travel to South America for a stag party – but all goes wrong when they become marooned on a prison island.



SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Celebrity MasterChef		9.00 Who Do You Think You Are?		10.00 News; Local News	
102 BBC2	7.00 Inside the Factory		8.00 Saving Lives at Sea		9.00 Interview with the Vampire		10.00 Nighty Night	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale		8.30 Love Your... †	9.00 Crime		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 George Clarke's Old House, New Home		9.00 Emergency		10.00 Ramsay's Kitchen Nightmares USA	
105 CHANNEL 5	7.00 Air Fryers vs Microwaves: Which Is...		8.00 Supermarket Prices: Are We Being...		9.00 Susan Calman's Grand Day Out		10.00 Forensics: Murder Scene	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 Attenborough's Journey		9.00 Klitschko: More Than a Fight			
ENTERTAINMENT								
115 BBC3	7.00 Top Gear		8.00 Shark Tank: Dragons' Den US		9.00 Daddy Issues	9.50 Starstruck		10.35 Man Like...
116 BBC4	7.00 Great British...	7.30 The Sky at Night	8.00 Film: Dial M for Murder			9.40 Film: Suspicion		
118 ITV2	7.00 Ant & Dec's Christmas Limitless Win		8.00 Bob's Burgers		9.00 Family Guy			
136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 Guy Martin's Lancaster Bomber		10.00 24 Hours in A&E	
135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 Below Deck Adventure		9.00 Gogglebox		10.00 Naked Attraction's Best Naughty Bits	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 The Rookie		10.00 The Good Doctor	
108 SKY ATLANTIC	◂ 6.50 Westworld		7.55 Game of Thrones		9.00 Succession			10.15 Yellowjackets
110 GOLD	◂ 6.50 Dad's Army		8.00 dinnerladies	8.40 Only Fools and Horses			10.00 Not Going Out	
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI XL	
119 ITV3	7.00 Heartbeat		8.00 Vera				10.00 Cracker	
120 ITV4	◂ 4.45 Racing: Racing League – Live: Coverage from Windsor			8.30 River Monsters	9.00 Auf Wiedersehen, Pet			10.10 Film: Lucy
112 COMEDY CENTRAL	7.00 Friends				9.00 Lee Evans Live: The Different Planet Tour			10.30 Dara Ó Briain...
139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Film: Simulant			
113 SKY MAX	7.00 Stargate SG-1		8.00 Rob & Romesh vs Crufts		9.00 The Walking Dead: Daryl Dixon		10.00 The Walking Dead	
109 ALIBI	7.00 Elementary		8.00 Death in Paradise		9.00 So Help Me Todd		10.00 The Company You Keep	
130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Classic Movies: The Story of Whisky...		9.00 Discovering: Tim Robbins		10.00 The Directors	
132 U&W	7.00 MasterChef Australia		8.00 Nick Knowles' Big House Clearout		9.00 The Gentle Art of Swedish Death...		10.00 DIY SOS: Homes for Veterans	
DOCUMENTARY								
125 DISCOVERY	7.00 Jeremy Wade's Dark Waters		8.00 Wheeler Dealers		9.00 In the Eye of the Storm		10.00 Naked and Afraid: Last One Standing	
162 ANIMAL PLANET	7.00 Crikey! It's the Irwins		8.00 Project Grizzly				10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Rocky Mountain Railroad		9.00 Wicked Tuna		10.00 Alaska: The Next Generation	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp People: Serpent Invasion		9.00 Alone			
155 U&YESTERDAY	7.00 Find It, Fix It, Flog It		8.00 Bangers & Cash		9.00 Dream Car Fixers		10.00 Bangers & Cash: Restoring Classics	
121 SKY DOCS	7.00 Chernobyl: The Lost Tapes				9.00 Klitschko: More Than a Fight			
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.00 Mean Girls		8.00 Parallel			9.45 Night Swim		
302 ADVENTURE	7.00 Now You See Me				9.00 Now You See Me 2			
303 BLOCKBUSTERS	◂ 6.20 Kung Fu Panda		8.00 Ghostbusters				10.00 Fast & Furious 6	
304 GREATS	◂ 5.00 Oppenheimer		8.00 Jaws					10.10 Jarhead
305 ANIMATION	◂ 5.55 Spider-Man: Across the Spider-Verse		8.20 Rock Dog 3: Battle The Beat				10.00 Dragon Rider	
306 FAMILY	◂ 5.55 The Lord of the Rings: The Return of the King				9.25 Step Dogs			
307 ACTION	◂ 6.15 Enter the Dragon		8.00 The Dark Knight					
308 COMEDY	◂ 6.30 Ali G Indahouse		8.00 Disaster Movie			9.40 O Brother, Where Art Thou?		
309 THRILLER	◂ 6.00 Promising Young Woman		8.00 Marnie					10.15 Hunt
310 DRAMA	◂ 6.05 Dear John		8.00 Forrest Gump					10.25 Miss Potter
311 SCI-FI	◂ 5.35 Ready Player One		8.00 Total Recall				10.05 Upgrade	
313 FILM4	◂ 6.45 I, Robot				9.00 Déjà Vu			
SPORT								
401 MAIN EVENT	◂ 6.00 The Hundred – Live: Birmingham Phoenix Men v Manchester Originals Men (Start-time 6.30)					9.30 PGA Tour Golf – Live: The FedEx St Jude Championship		
402 PREMIER LEAGUE	7.00 The Big...	7.30 PL Stories	8.00 Gary Neville's Soccerbox		9.00 The Big...	9.30 PL Stories	10.00 Class of '92: Full Time	
403 FOOTBALL	◂ 6.30 Bundesliga Clubs		8.00 EFL Highlights	8.30 Scottish...	9.00 EFL Cup Highlights		10.00 Bundesliga Clubs	
404 CRICKET	◂ 6.00 The Hundred – Live: Birmingham Phoenix Men v Manchester Originals Men (Start-time 6.30)					9.30 The Hundred...	10.00 The Hundred	
410 TNT SPORTS 1	◂ 2.30 Test Cricket – Live: West Indies v South Africa							
411 TNT SPORTS 2	7.00 MLB – Live: Milwaukee Brewers v Los Angeles Dodgers (Start-time 7.10)							10.15 PL Big Interview

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition 4/10. Hamza Yassin discovers what happens when eight lions try and play football. (S)(AD)
10.15 **Countryfile Treasures** (S)(R)
11.00 **Homes Under the Hammer** New edition Properties in Widnes, Folkestone and Ayrshire. (S)(AD)
12.00 NOON **Bargain Hunt** (S)(R)(AD)
1.00 PM **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** (S)(R)(AD)
3.45 **The Repair Shop** The experts restore a ceramic clock. (S)(R)(AD)
4.30 **The Finish Line** (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Celebrity MasterChef

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp. present the topical show. (S)
7.30 **EastEnders** Reiss's situation gets worse when an angry Phil summons him to the Boxing Den. (S)(AD)

8 PM

8.00 **Celebrity MasterChef** New edition 2/18. The famous faces are split into pairs and head off to take on a lunchtime service in a busy professional kitchen, before taking on a food-truck challenge. (S)(AD)
■ Continues tomorrow

9 PM

9.00 **NEW SERIES Who Do You Think You Are?** 1/8. *Line of Duty* actor Vicky McClure explores her ancestry, beginning by trying to find out why her paternal grandmother was given up by her family as a child. *See feature, page 8.* (S)

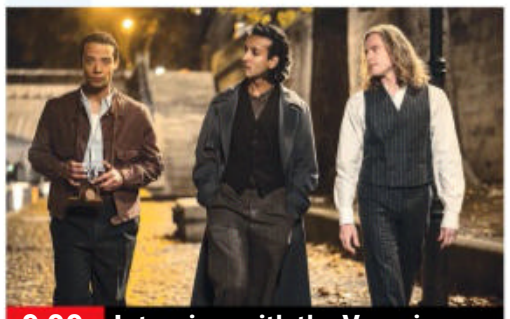
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **NEW TO BBC1 Kidnapped: The Chloe Ayling Story** 1/6. Fact-based drama telling the story of the British model's kidnapping in Italy in July 2017. Stars Nadia Parkes. *Previously shown on BBC3.* (S1) (S)(AD)
11.10 **Kidnapped: The Chloe Ayling Story** New episode 2/6. Chloe attempts to form a connection with MD and gain his sympathy. (S1) (S)(AD)
11.40 **Freddie Flintoff: Field of Dreams on Tour** 1/4. The former England star takes his cricket team on tour in India. (S)(R)(AD)
12.40 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **A to Z of TV Gardening** (S)(R)
7.15 **Animal Park** (S)(R)(AD)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
1.00 PM **Head Hunters** Quiz. (S)(R)
1.45 **Catchpoint** Game show. (S)(R)
2.15 **A Countryside Summer** (S)(R)(AD)
2.45 **Spy in the Wild** (S)(R)(AD)
3.45 **B&B by the Sea** Former footballer Neil Ruddock checks in. (S)(R)
4.15 **Cornwall: This Fishing Life** As the market for crab grows, Padstow becomes a boom town. (S)(R)(AD)
5.15 **Flog It!** From Cornwall. (S)(R)
6.00 **Robson Green's Weekend Escapes** Charlie Hardwick and the host sample beach art and singing in County Durham. (S)(R)(AD)
6.30 **Great Asian Railway Journeys** Michael Portillo travels from Ho Chi Minh City to Halong Bay. (S)(R)(AD)



9.00 Interview with the Vampire

7 PM

7.00 **Inside the Factory** Gregg Wallace spends the day in the York factory where Polos are made, following the production process from sugar to holy mint. Plus, Cherry Healey visits the largest sugar beet factory in Europe. (S)(R)(AD)

8 PM

8.00 **Saving Lives at Sea** The RNLI volunteers race to save a teenage paddleboarder who is being swept out to sea, a sinking cargo ship and a yacht that is being battered by an Atlantic storm. (S)(R)(AD)

9 PM

9.00 **Interview with the Vampire** New episode *No Pain:* 3/8. Lestat revitalises a vampire coven in 1790s Paris, which has consequences for Louis 150 years later. (S2) (S)(AD)
■ Entire series on BBC iPlayer
9.50 **QI XS** Compilation. (S)(R)

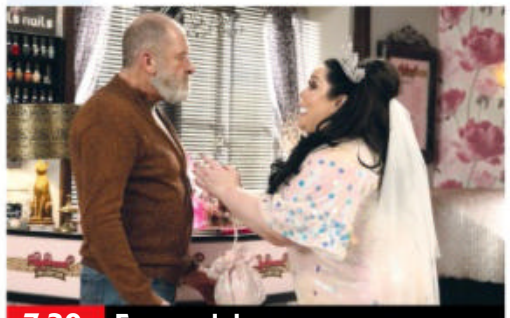
10 PM

10.00 **Nighty Night** First-ever episode of the black comedy series starring Julia Davis as a manipulative beauty salon owner. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Colin from Accounts** 7/8. Ashley and Gordon find their relationship tested. (S1) (S)(R)(AD)
11.30 **My Tiger Family** The epic 50-year story of a wild tiger family in north-west India. (S)(R)(AD)
12.30 AM **Sign Zone: Miriam Margolyes: A New Australian Adventure** 2/3. A visit to Byron Bay. (S)(R)(AD)
1.30 **Sign Zone: The Bidding Room** Items include a spinning top. (S)(R)
2.15 **to 6.15** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson sets up shop in Oldham, with his dealers Tracy Thackray-Howitt, Jan Keyne, James Layte and Simon Schneider. (S)(R)(AD)
3.00 **Tenable** Warwick Davis hosts as a team of five friends answer questions about top 10 lists. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)



7.30 Emmerdale

7 PM

7.30 **Emmerdale** Tom leaves Belle feeling stressed, Gabby and Vinny share a kiss, and it remains to be seen whether Mandy can save her wedding. (S)(AD)

8 PM

8.30 **Love Your Garden** Alan Titchmarsh and the team set out to combine traditional countryside and contemporary features in a south Wales garden for a father-of-three Chris, who has lost his hands and feet to sepsis. (S)(R)(AD)

9 PM

9.00 **Crime** New episode 4/6. Lennox suspects DS Norrie Erskine when the killer strikes again, while Drummond breaks the law to get rid of Keith. (S2) (S)(AD)
■ Entire series on ITVX

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Thunderball** James Bond adventure starring Sean Connery. When international crime syndicate SPECTRE steals two atomic bombs, only Agent 007 can save the day. With Claudine Auger and Adolfo Celi. (S)(AD) (1965, PG, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.55 AM **Teleshopping**
3.00 **The Other Mrs Jordan** 1/3. The story of serial bigamist and conman William Jordan. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **In for a Penny** (S)(SL)(R)(AD)
5.30 **to 6.00** AM **Gino's Italian Family Adventure** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.20 AM **Cheers** 19&20/26. (S5) (S)(R)
7.10 **Everybody Loves Raymond** (S)(R)
9.00 **Frasier** 17-20/24. (S9) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)(AD)
12.00 NOON **News** (S)
12.05 PM **Paris 2024 Paralympics: Meet the Athletes** (S)(R)(AD)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** (S)(R)
5.00 **A New Life in the Sun: Where Are They Now?** New edition In Spain, there's a change in direction for Andy and Jules, who have opened a cycle adventure business. (S)
6.00 **Come Dine with Me** (S)(R)
6.30 **The Simpsons** *At Long Last Leave:* The family are forced to leave Springfield. (S)(R)(AD)

10.00 Ramsay's Kitchen Nightmares

7 PM

7.00 **News** (S)

8 PM

8.00 **George Clarke's Old House, New Home** The host is in Weston-super-Mare to meet some novice DIY renovators who are planning to completely transform a dilapidated Georgian-style crescent house. (S)(R)

9 PM

9.00 **Emergency** New edition At the Royal London Hospital, 56-year-old plasterer Lee is coming out of a medically-induced coma, following a major car accident five days ago and several complex surgeries. (S)(AD)

10 PM

10.00 **Ramsay's Kitchen Nightmares USA** New edition 3/10. Gordon sets out to revamp a country club and golf course restaurant in New Jersey that's dark, gloomy, not attracting golfers and is also receiving complaints. (S)
11.00 **8 Out of 10 Cats Does Countdown**
12.00 M'T **NEW Untold: Inside Britain's Dog Fighting Gangs** (S)(AD)
12.30 AM **Ramsay's Hotel Hell** (S)(SL)(R)
1.20 **Come Dine with Me** (S)(R)
2.15 **Paris 2024 Paralympics: Meet the Athletes** (S)(SL)(R)(AD)
2.20 **FILM The Guard** Comedy thriller. (S) (2011, 15, 95min) ★★★★
3.55 **Grand Designs New Zealand** (R)
4.50 **Frasier** 19&20/24. (S1) (S)(R)(AD)
5.40 **to 6.20** AM **Countdown** (S)(R)

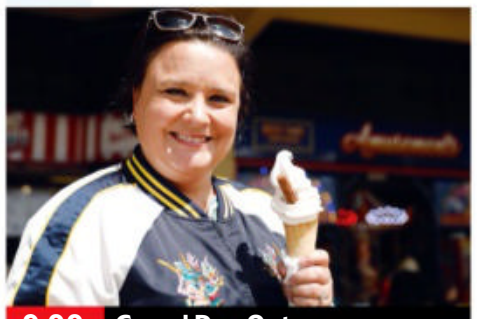
+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S2) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **Murder 101: A Gabbi Luck Mystery** Crime drama starring Jackée Harry. (S)(R)
4.00 **The Cruise: Fun-Loving Brits at Sea** It is day four, and the *Regal Princess* arrives in Italy's third largest city, Naples. (S)(R)
5.00 **News** (S)
6.00 **World's Most Scenic Railway Journeys** A journey from the Mexican border at San Diego, following the Californian coast north to San Luis Obispo. Narrated by Bill Nighy. (S)(R)
6.55 **News** (S)



9.00 Grand Day Out

7.00 **Air Fryers vs Microwaves: Which Is Better?** Comparing the microwave to the speed, convenience and cost of the air fryer, providing multiple taste testers. (S)(R)
7.55 **News** (S)
8.00 NEW **Supermarket Prices: Are We Being Ripped Off?** Harry Wallop shines a light onto some of the practices UK supermarkets use to increase their bottom line, uncovering how they bring in massive sums of money. (S)
9.00 **Susan Calman's Grand Day Out** New edition The presenter heads to Barry Island, south Wales, made famous by the sitcom *Gavin and Stacey*. On the promenade, she meets a gathering of camper vans. (S)
10.00 **Forensics: Murder Scene** 1/6. Documentary telling the inside story of forensics teams working alongside West Yorkshire police, beginning with a woman who has been stabbed in her home in Leeds. (S)(R)
11.30 **Cold Case Killers** The case of 26-year-old Surjit Athwal. (S)(R)
12.30 AM **The Motorway** (S)(R)
1.20 **PlayOJO Live Casino Show** (S)
3.20 **Cruising with Jane McDonald** In the Caribbean. (S)(SL)(R)
4.10 **Great Artists** (S)(SL)(R)
4.40 **House Busters** (S)(SL)(R)
5.05 **House Doctor** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S6) (S)(R)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S1) (S)(R)
1.00 PM **Magnum P.I.** (S)(R)(AD)
3.00 **Hawaii Five-0** (S8) (S)(R)
4.00 **S.W.A.T.** 9/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** *Lisa the Simpson:* Lisa fears she is destined to be stupid. (S)(R) **5.30** *Lisa the Skeptic:* Lisa uncovers an unusual fossil on an archaeologoical dig. (S)(R)
6.00 **The Office (US)** 22/26. Andy's plans to give Erin the perfect Secretary's Day hit a snag. (S)(R) **6.30** 23/26. Michael is hopeful that a potential client is interested in him. (S6) (S)(R)

9.00 Klitschko: More Than a Fight

7.00 **The Simpsons** *This Little Wiggy:* Bart is horrified when Marge forces him to befriend Ralph. (S)(R) **7.30** *Simpson Tide:* Homer becomes a submarine captain. Featuring the guest voice of Rod Steiger. (S)(R)
8.00 **Attenborough's Journey** Documentary following David Attenborough as he travelled around the world to make his series *First Life*, which explores the origins of life on Earth. (S)(R)(AD)
9.00 NEW **Klitschko: More Than a Fight** One-off documentary profile former heavyweight boxing champion Vitali Klitschko, charting his journey from the ring to becoming the mayor of Kyiv during Russia's invasion of Ukraine. The film shows how he and brother Wladimir have used their celebrity status to raise funds and ensure that the conflict remains in the minds of the world's leaders and populace.
11.00 **The Walking Dead: Daryl Dixon** 3/6. The group arrive in Paris, where Isabelle confronts her past. (S1) (S)(R)
12.00 M'T **Never Mind the Buzzcocks** With Calum Scott. (S)(R)(AD)
12.45 AM **Sex and the City** (S)(R)
2.05 **Road Wars** (S)(R)
3.05 **Hawaii Five-0** (S8) (S)(R)
4.05 **S.W.A.T.** (S6) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
7.00-7.30pm River City (R)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm The Crime I Can't Forget (S)(R) **11.40** Kidnapped: The Chloe Ayling Story: Double bill. (S)(R)(AD) **12.40am** Freddie Flintoff: Field of Dreams on Tour (S)(R)(AD) **1.40-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
10.40pm Elis James: Funny Nation (S)(R) **11.10** Kidnapped: The Chloe Ayling Story (S)(R)(AD) **12.10am** Freddie Flintoff: Field of Dreams on Tour (S)(R)(AD) **1.10-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
11.05pm The Cable That Changed The World (S)(R) **12.05-12.30am** Colin from Accounts (S)(R)(AD)

WALES
Sky **968**, Freesat **968**
7.00pm Weatherman Walking: The Welsh Coast (S)(R) **7.30-8.00pm** Beechgrove Garden (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.05pm** Sain Ffagan (AD) **12.30** Heno New edition **1.00** Cerys Matthews a'r Goeden Faled **1.30** Adre **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion S4C a'r Tywydd **3.05** Y Babell Lên 2024 **4.00** Awr Fawr **5.00** Stwnsh **6.00** Bwyd Epic Chris **6.30** Arfordir Cymru: Bae Ceredigion **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Pobol y Cwm: Y Cymeriadau New episode **8.55** Newyddion S4C a'r Tywydd **9.00** Cynefin **10.00** Ni Yw'r Cymry **11.00pm-12.05am** Ar Brawf

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** From Italy.
8.00 **Shark Tank: Dragons' Den US** New edition Pitches including a fresh smoothie vending machine.
8.45 **The Catch Up**
8.50 **Press X to Continue**
9.00 NEW SERIES **Daddy Issues** 1/6. Comedy series starring Aimee Lou Wood and David Morrissey. **9.25** New episode 2/6. Gemma tries to reconnect with the girls from school. *See feature, page 12.* (S1) ■ Entire series on BBC iPlayer
9.50 **Starstruck** 1/6. Sitcom starring Rose Matafeo. **10.15** 2/6. Jessie bumps into Tom once again. (S1)
10.35 **Man Like Mobeen** (S3)
11.25 **Bend It Like Bollywood**
12.10 AM **Juice** 3&4/6. (S1)
12.55 **Daddy Issues** 1&2/6. (S1)
1.45 **Bend It Like Bollywood**
2.30 **Lazy Susan**
2.45 **Kidnapped: The Chloe Ayling Story**
3.45 **to 3.55** AM **Press X to Continue**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael visits home of Agatha Christie.
7.30 **The Sky at Night** The team talk to Dr Nicola Fox, NASA's head of science.
8.00 FILM **Dial M for Murder** Hitchcock thriller starring Ray Milland and Grace Kelly. A former tennis player hatches a plot to murder his rich wife. With John Williams. (1954, PG, 101 min) ★★★★
9.40 FILM **Suspicion** Hitchcock thriller starring Cary Grant and Joan Fontaine. (1941, b/w, PG, 99min) ★★★★★
11.15 **Talking Pictures** Interviews with Alfred Hitchcock.
11.55 **Talking Pictures** Hitchcock's Leading Actors.
12.30 AM **Corridors of Power: Should America Police the World?**
1.30 **Great British Railway Journeys** As 7.00pm.
2.00 **Maggi Hambling: Making Love with the Paint**
3.00 **to 4.00** AM **Sex and Sensibility: The Allure of Art Nouveau**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions of the culinary contest from Peterborough.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Chateau DIY** Belinda and Lee clash over the lighting design for their gallery space.
6.55 **Car S.O.S** Tim Shaw and Fuzz Townshend secretly restore a bubble car.
7.55 **Grand Designs** A Royal Marine who was seriously injured in Afghanistan begins a project to build a specially adapted home with a cutting-edge design.
9.00 **Guy Martin's Lancaster Bomber** The host trains in seven crew positions on the aircraft, from pilot to bomb aimer, getting tutelage from the last surviving member of the Dambusters raid.
10.00 **24 Hours in A&E** Nurse Emma is called to resus to help a patient who has had a suspected stroke.
11.05 **Surgeons: Life in Their Hands** Medical series.
12.05 AM **999: On the Front Line** Documentary.
1.05 **Guy Martin's Lancaster Bomber** As 9.00pm.
2.10 **24 Hours in A&E**
3.15 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 1-4/24. (S11)
2.00 PM **The Goldbergs**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** Ro goes to meet an online friend.
7.30 **Modern Family** 13/24. Phil takes it hard when Luke gives him the 'teenage cold shoulder'. (S6)
8.00 **Below Deck Adventure** New edition Captain Kerry tells the crew members that he asked Kyle to resign.
9.00 **Gogglebox** Opinions on *Strictly Come Dancing, Love is Blind* and *Boiling Point*.
10.00 **Naked Attraction's Best Naughty Bits** The times when great chemistry in the studio ended in disaster.
11.05 **First Dates**
12.05 AM **The Big Bang Theory**
1.05 **Rick and Morty**
1.35 **My Adventures with Superman** New episode
2.05 **Brooklyn Nine-Nine**
3.00 **Below Deck Adventure**
3.50 **Modern Family**
4.40 **The Neighborhood**
5.30 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hour 235/236 | 306 | 30 | 123

THURSDAY Entertainment

Thursday

Sky Witness

107 807 110 341 356

6.00 AM **Bondi Rescue**
7.00 **999 Frontline**
8.00 **Border Patrol**
9.00 **Highway Cops**
10.00 **Caught on Dashcam**
11.00 **Bull** 4/16. (S5)
12.00 NOON **The Rookie** 2/20. (S2)
1.00 PM **Chicago Fire** 6/22. (S11)
2.00 **The Equalizer** 3/10. McCall tries to help an escaped prisoner who has been wrongly accused of murder. (S1)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare** Six editions of the documentary.

9.00 The Rookie

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **The Equalizer** *It Takes a Village:* 4/10. McCall investigates the staged suicide of a community activist. (S1)

9 PM

9.00 **The Rookie** New episode *Punch Card:* 8/10. The team keep the peace at the hospital after a mafia-caused tragedy. (S6)

10 PM

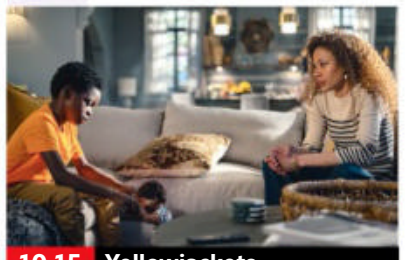
10.00 **The Good Doctor** *Intangibles:* 9/18. The team take on the case of a boy from Africa with heart anomalies. (S1)
11.00 **Chicago Fire** 5/22. (S11)
12.00 M'T **Law & Order: Special Victims Unit** 17/22. (S24)
1.00 AM **FBI: Most Wanted** (S1)
3.00 **Law & Order: Special Victims Unit** 16/22. (S24)
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Bondi Rescue**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **The Guest Wing** (S1)
8.10 **Riviera** 6&7/8. (S3)
10.10 **Britannia** 7&8/8. (S3)
12.15 PM **Game of Thrones** (S4)
1.20 **The Sopranos** (S2)
3.35 **Riviera** 8/8. (S3)
4.35 **Perry Mason** 1/8. Perry investigates a child kidnapping gone wrong. (S1)
5.35 **Westworld** 1/10. The scientists begin to notice aberrant behaviour from the androids. **6.50** 2/10. A host faces being decommissioned after showing abnormalities. (S1)



10.15 Yellowjackets

7.55 **Game of Thrones** *Mockingbird:* 7/10. Tyrion enlists an unlikely ally, Jon's warnings fall on deaf ears, while Brienne follows a new lead as her mission to find the Stark girls continues. (S4)

9.00 **Succession** *Too Much Birthday:* 7/9. At Kendall's lavish birthday bash, Shiv and Roman try to arrange a meeting with Lukas Matsson. (S3)

10.15 **Yellowjackets** *The Dollhouse:* 3/10. Taissa persuades the group to hike towards a lake. (S1)
11.20 **Winning Time: The Rise of the Lakers Dynasty** 6/10. Paul Westhead finds himself dealing with a tragedy. (S1)
12.30 AM **Watchmen** 9/9. (S1)
1.45 **We Own This City** 6/6. (S1)
2.55 **Game of Thrones** As 7.45pm.
4.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **DC's Legends of Tomorrow** 4/16. (S1)
7.00 **SEAL Team** 16/20. (S3)
8.00 **Supergirl** 12/20. (S1)
9.00 **Stargate SG-1** (S6)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 14/20. (S1)
1.00 PM **Magnum P.I.** 1&2/20. (S4)
3.00 **Hawaii Five-0** 10/25. (S8)
4.00 **S.W.A.T.** 9/22. (S6)
5.00 **SEAL Team** 15/20. (S3)
6.00 **Stargate SG-1** 21/22.Sam's future is ominously predicted when Jonas's clairvoyant abilities are unearthed. (S6)

9.00 The Walking Dead...

7.00 **Stargate SG-1** *Full Circle:* 22/22. Daniel and Ska'ra return to help SG-1 find the Eye of Ra. (S6)

8.00 **Rob & Romesh vs Crufts** Dog owners Rob Beckett and Romesh Ranganathan enter their pets in Crufts.

9.00 **The Walking Dead: Daryl Dixon** New episode 3/6. The group arrive in Paris. (S1)
■ Entire series on Box Sets

10.00 **The Walking Dead** *Not Tomorrow Yet:* 15/16. Rick and the residents of Alexandria face a new enemy. (S6)
11.00 **Last King of the Cross** 7/10. John races against time to save Sam from a contract killer. (S1)
12.05 AM **Never Mind the Buzzcocks** With Calum Scott.
12.55 **Entourage** 7&8/12. (S5)
2.00 **Road Wars**
3.00 **Hawaii Five-0** 10/25. (S8)
4.00 **S.W.A.T.** 9/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.30 **Totally Bonkers Guinness World Records**
10.00 **Love Bites**
12.00 NOON **Dress to Impress**
1.00 PM **In for a Penny**
2.00 **Supermarket Sweep**
3.00 **Charmed** 12/22. (S2)
4.00 **Dawson's Creek** 11/23. Joey and Charlie get together. (S5)
5.00 **Dress to Impress**
6.00 **Celebrity Catchphrase** With contestants Vick Hope, Ranvir Singh and Iain Stirling.

8.00 Bob's Burgers

7.00 **Ant & Dec's Christmas Limitless Win** Rylan and David Walliams, and Jimmy Carr and Katherine Ryan take part.

8.00 **Bob's Burgers** 10/22. The kids have end-of-year talent shows. **8.30** 11/22. Tina is accused of cheating. (S13)

9.00 **Family Guy** 11/18. Peter forms a neighbourhood detective agency. (S13) **9.30** 12/18. Peter tries to make a viral video. (S13)

10.00 **Family Guy** 13/18. Cleveland and Meg both get new jobs. (S13) **10.30** 2/18. Peter helps Joe publish a book. (S13)
11.00 **Family Guy** 3/18. Peter and Lois go into business together, opening a cookie store. (S13)
11.30 **American Dad!** (S9)
12.30 AM **Bob's Burgers** New episodes 12&13/22. (S13)
1.35 **Deal or No Deal**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Wild at Heart** (S1)
10.25 **The Royal** *In the Air.*
11.25 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.50 **A Touch of Frost** *House Calls:* A moment of compassion endangers Frost's career.
6.00 **Heartbeat** *A Whiter Shade of Pale:* A village newcomer is found battered to death after announcing her intention to marry a businessman.

8.00 Vera

7.00 **Heartbeat** *The War of the Roses:* An unpopular farmer is harassed by his neighbours, who want to force him out of business.

8.00 **Vera** *Muddy Waters:* When a man's body is dredged up from a slurry pit on a remote farm, Vera must connect the dots between the victim and a wounded illegal immigrant who has been working there.

10.00 **Cracker** *Brotherly Love – Part One:* 1/7. Part one of three. A priest hears a murderer's confession. Robbie Coltrane stars. (S3)
11.15 **Cracker** *Brotherly Love – Part Two:* 2/7. Fitz accuses David Harvey's brother. (S3)
12.10 AM **Wild at Heart** 5/6. Rosie becomes convinced that Sarah is having an affair. (S1)
1.00 **Wild at Heart** 6/6. (S1)
2.00 **to 2.30** AM **Bless This House**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Grand Tours of Scotland's Rivers** Paul Murton follows the eastward course of the River South Esk.
8.00 **Beechgrove Garden** New edition Plants that can be added to ponds and water features.
8.30 **Return to Uist** Alex gets a traditional crofting job cutting seaweed.
9.00 **The Nine**
10.00 **Edinburgh Unlocked 2024** New edition 2/3. With ventriloquist Nina Conti and her actress mother Kara Wilson.
10.30 **The Karen Dunbar Show** Comedy sketches.
10.55 **The Agency: Unfiltered** 7/10. Kirsten, Amy and Abbie head to Ibiza. **11.25** 8/10. Tickets for Megan's podcast event go on sale.
11.50 PM **to 12.00** M'T **Loop**

Sky Comedy

114/115 814 112 347 362

8.00 AM **Will & Grace** (S10)
9.00 **The Conners** (S3)
10.00 **Crashing** 6/8. (S1)
10.35 **Barry** (S3&4)
11.50 **Young Rock** (S3)
12.50 PM **Insecure** (S1)
2.10 **Barry** 2&3/8. (S4)
3.30 **Young Rock** (S3)
4.30 **Crashing** 7/8. (S1)
5.00 **Will & Grace** (S10)
6.00 **The Office (US)** (S6)
7.00 **The Conners** (S3)
8.00 **Will & Grace** (S3)
8.50 **Girls** 5&6/10. (S2)
10.00 **Fantasmas** New episode 5/6. Bibo receives unexpected advice. **10.40** Series finale 6/6. Julio strikes a deal to create a project for a corporation. (S1)
11.20 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
12.20 AM **Breeders** (S3)
1.20 **Sex and the City** (S6)
2.40 **Drew Michael: Red Blue Green**
3.50 **to 5.00** AM **Insecure**

Sky Arts

130/131 826 123 36 147 365

6.00 AM **Highlights**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **My Greatest Shot**
3.00 **The Sky Arts Book Club Summer Reads Special**
4.00 **Discovering**
5.00 **Watercolour Challenge**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Classic Movies: The Story of Whisky Galore!** New edition
9.00 **Discovering**
10.00 **The Directors**
11.00 **Comedy Legends**
12.00 M'T **Joe Cocker: Mad Dogs & Englishmen**
2.10 AM **Death Songbook**
3.10 **Fly the Flag for Human Rights**
4.05 **Cheltenham Literature Festival**
5.00 **to 6.00** AM **The Art of Architecture Special**

Sky Mix

151 135 11 144

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **UK Border Force**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 25/26. (S1)
5.00 **Star Trek: Enterprise**
6.00 **Star Trek: Deep Space Nine** 23/26. (S2)
7.00 **Star Trek: Voyager**
8.00 **Hawaii Five-0** (S2)
9.00 **Strike Back: Retribution** 3/10. Mac and Wyatt infiltrate a dangerous group. (S6)
10.00 **The Twilight Zone** (S2)
11.00 **Killer in My Village**
12.00 M'T **Caught on Dashcam**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.00 AM **Unwind**
7.20 **Be Beautiful**
7.35 **Billie and Greg**
8.35 **Making It Home**
9.35 **Buying and Selling**
10.35 **Billie and Greg: The Family Diaries**
11.35 **The Real Housewives of New Jersey**
12.30 PM **The Real Housewives of Atlanta**
1.20 **The Only Way Is Essex**
2.05 **Dinner Date**
3.05 **Million Dollar Listing...**
4.05 **The Real Housewives of New Jersey**
5.00 **The Real Housewives of Potomac**
6.00 **Making It Home**
7.00 **Million Dollar Listing: NYC** Property series.
8.00 **Dinner Date**
9.00 **Botched** New edition
10.00 **Love Island USA** New edition
11.15 **The Only Way Is Essex**
11.55 **Loaded in Paradise**
2.00 **to 5.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Hart to Hart** (S2)
9.00 **Diagnosis Murder**
11.00 **Castle** 10/24. (S5)
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 6/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 16–19/26. (S7)
9.00 **The New Avengers** *Faces:* 9/13. Steed investigates a plot to replace prominent figures with brainwashed kidnap victims. (S1)
10.00 **The Avengers** *The Correct Way to Kill:* 9/24. Steed joins forces with a Russian spy. (S5) **11.00** *The Interrogators:* 14/33. A foreign agent sets out to extract secret information. (S6)
12.00 M'T **M*A*S*H** (S7)
2.00 AM **The Avengers**
4.00 **Castle** 22/23. (S6)
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257 62

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.00 **The Professionals**
8.00 **Robin of Sherwood**
9.05 **The Champions**
10.15 **Kojak**
11.15 **BattleBots**
12.20 PM **Robin of Sherwood**
1.25 **The Champions**
2.30 **Kojak**
3.35 **The Professionals** *A Hiding to Nothing:* A civil servant jeopardises a summit meeting.
3.35 LIVE **Horse Racing: Racing League** The fourth week of the season from Windsor.

8.30 River Monsters

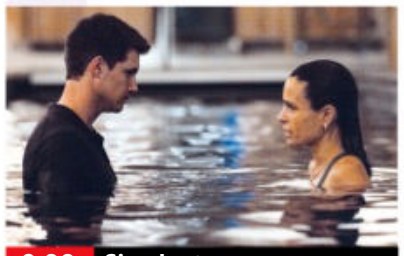
LIVE **Horse Racing: Racing League** (started at 4.45pm)
8.15 **World of Sport** The glory days of British wrestling.
8.30 **River Monsters** Jeremy Wade searches for giant freshwater stingray.
9.00 **Auf Wiedersehen, Pet** *A Home from Home:* 5/13. The lads camp out in Thornley Manor (S2)
10.10 FILM **Lucy** Sci-fi thriller with Scarlett Johansson and Morgan Freeman. (2014, 15, 90min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.55 **The Professionals** *Servant of Two Masters:* Bodie and Doyle stalk Cowley after evidence suggests he has stolen two cannisters of a lethal nerve gas.
12.55 AM **Minder**
2.00 **Auto Mundial**
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Merlin** 1/13. (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 14/20. (S1)
2.00 **Merlin** 1/13. (S2)
3.00 **Stargate SG-1** 15/22. (S2)
4.00 **Star Trek: Enterprise** (S2)
5.00 **Star Trek: Voyager** 4/26. A mysterious assailant attacks the crew members. (S7)
6.00 **Merlin** 1/13. Merlin exposes the new servant as a conman. With Mackenzie Crook. (S2)



9.00 Simulant

7.00 **Star Trek: Deep Space Nine** *The Storyteller:* 14/20. A Bajoran leader appoints O'Brien as his successor. (S1)
8.00 **Stargate SG-1** *A Matter of Time:* 15/22. Earth is put at risk by the gravitational pull of a black hole. (S2)
9.00 FILM **Simulant** Sci-fi thriller starring Robbie Amell and Jordana Brewster. A humanoid enlists a global hacker to remove all restrictions on his thoughts, triggering an AI uprising. With Simu Liu. (2023, 15, 95min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 **Wynonna Earp** 6/12. (S4)
12.00 M'T **The Twilight Zone** (S2)
2.00 AM **Merlin** As 6.00pm.
3.00 FILM **Ice Storm** Sci-fi drama starring Tyler Christopher and McKenzie Westmore. The entire east coast of America is put at risk by a devastating winter storm. (2022, 12, 90min) ★★
5.00 **to 6.00** AM **Most Haunted**

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries**
9.00 **The Doctor Blake Mysteries**
10.00 **Elementary** 2/24. (S4)
11.00 **Hudson & Rex** 11/16. (S2)
12.00 NOON **Father Brown**
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries**
4.00 **Shakespeare & Hathaway: Private Investigators** (S2)
5.00 **Father Brown** As 1.00am.
6.00 **Hudson & Rex** 11/16. Charlie and Rex head into a supposedly haunted mine after a crew member is found dead during a horror film shoot. (S2)

9.00 So Help Me Todd

7.00 **Elementary** *Hounded:* 16/24. Sherlock tries to uncover the truth about a horrifying hound. (S4)
8.00 **Death in Paradise** *Somewhere in Time:* 7/9. The host of a fishing trip is found harpooned on a beach. (S10)
9.00 **So Help Me Todd** New episode 6/10. Lyle and Margaret search for a reluctant witness. (S2) ■ Full series on UKTV Play
10.00 **The Company You Keep** *A Sparkling Reputation:* 2/10. The Nicolettis steal a valuable necklace. (S1)
11.00 **Elementary** As 7pm.
12.00 M'T **Hudson & Rex** As 6pm.
1.00 AM **Father Brown** *The House of God:* The holiest house in Kembleford is linked to the death of a wanton woman.
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

GOLD

110/111 810 124 344 359

7.00 AM **Highlights**
9.30 **Ever Decreasing Circles**
10.10 **Hi-de-Hi!**
10.50 **Still Open All Hours**
11.30 **Last of the Summer Wine**
12.50 PM **Keeping Up Appearances**
1.30 **Ever Decreasing Circles**
2.10 **Still Open All Hours**
2.50 **Dad's Army**
3.30 **Hi-de-Hi!**
4.10 **Last of the Summer Wine**
5.30 **Still Open All Hours**
6.10 **Keeping Up Appearances**
6.50 **Dad's Army**

8.40 Only Fools and Horses

7.25 **Dad's Army** An enemy aircraft is forced to ditch in a reservoir near Walmington-on-Sea.
8.00 **dinnerladies** Philippa has a bright idea for raising the kitchen staff's spirits.
8.40 **Only Fools and Horses** Christmas special from 1987. Del Boy sets out to find his dear departed mother's treasure trove. Guest starring Joan Sims.
10.00 **Not Going Out** Lee attempts to impress Lucy with his knowledge of art. **10.35** Lee decides to give speed-dating a try.
11.10 **The Royle Family** Nana is in mourning for her friend, but her grief tests Jim's patience.
11.45 **Only Fools and Horses**
1.10 AM **Not Going Out**
2.30 **The Royle Family**
3.00 **Sandylands**
3.30 **to 4.00** AM **The Fosters**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Whose Line Is It Anyway? USA** Double bill.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Rick Stein's Secret France**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Robson's Extreme Fishing Challenge** The actor heads to Texas.
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Secret France** The chef explores Burgundy.
6.00 **Rick Stein's Cornwall** Double bill of the series.

7.40 House of Games

7.00 **Would I Lie to You?** With Bob Mortimer, Steve Backshall, Gabby Logan and Katherine Parkinson.
7.40 **Richard Osman's House of Games** With Crystelle Pereira and Nick Moran. **8.20** Guests include Sally Phillips and Rickie Haywood-Williams.
9.00 **Have I Got a Bit More News for You** Richard Ayoade hosts the satirical quiz, with Sayeeda Warsi and Richard Osman.
10.00 **QI XL** Sara Pascoe, Jack Whitehall and David Mitchell join regular panellist Alan Davies and host Stephen Fry.
11.00 **Taskmaster** Joe Lycett shows no mercy to a camel.
12.00 M'T **Mock the Week** With Maisie Adam and Rhys James.
12.40 AM **Would I Lie to You?**
1.20 **Room 101** With Paloma Faith.
2.00 **to 4.00** AM **Whose Line Is It Anyway? USA**

+1 hour 211/212 327 57

7 PM **8 PM** **9 PM** **10 PM**

4seven

137/138 143 49 127

9.00 AM **Ramsay's Kitchen Nightmares USA**
10.00 **Car S.O.S**
10.55 **Paris 2024 Paralympics: Meet the Athletes**
11.00 **A Place in the Sun**
12.00 NOON **The Great House Giveaway**
1.00 PM **Frasier** (S9)
1.55 **Paris 2024 Paralympics: Meet the Athletes**
2.00 **Frasier** 12/24. (S9)
2.30 **A New Life in the Sun: Where Are They Now?**
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Love It or List It: Brilliant Builds**
8.00 **Worst House on the Street** Property series.
9.00 **Murder Case: The Digital Detectives**
10.00 **Night Coppers**
11.05 **Emergency**
1.10 AM **Gogglebox**
3.20 **8 Out of 10 Cats Does Countdown**
4.15 **to 4.45** AM **Untold: The Rise and Rise of Taylor Swift**

5USA

141/169 120/162 21 129

9.00 AM **NCIS**.
11.55 **Entertainment News**
12.00 NOON **Law & Order**
1.55 PM **Entertainment News**
2.00 **Law & Order**
4.55 **Entertainment News**
5.00 **Law & Order**
6.00 **NCIS** *Angel of Death:* 24/24. Tony and Jeanne are held hostage by a drug dealer. (S4) **7.00** *Bury Your Dead:* 1/19. As the hunt for La Grenouille intensifies, Tony's cover is blown. **8.00** *Family:* 2/19. The agents search for a missing infant. (S5)
9.00 **Blue Bloods** *Under the Gun:* 9/22. Danny and Baez investigate the murders of three community leaders. (S5)
10.00 **Law & Order: Special Victims Unit** (S14&13)
2.00 AM **The Blacklist**
3.50 **to 4.00** AM **Entertainment News**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Happy Campers: The Caravan Park**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Cold winter weather causes a spike in admissions.
9.00 **A&E After Dark**
10.00 **Trauma Room One**
11.00 **999: Critical Condition**
12.00 M'T **Skin A&E**
1.00 AM **Don't Tell the Doctor**
2.00 **Casualty 24/7: Every Second Counts**
2.50 **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.05 **Outback Truckers**
10.05 **Traffic Cops**
11.05 **Police Interceptors**
12.05 PM FILM **Sitting Bull** Western adventure. (1954, U, 106min) ★★
2.15 FILM **The Cimarron Kid** Western adventure. (1951, U, 84min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Double bill.
9.00 **Trucking Hell** Recovery op Bohdan finds himself under a bus in London.
10.00 **Outback Truckers** Woody's truck refrigerator unit is threatening his last run of the year.
11.00 **Extreme Tow Truckers**
12.00 M'T **World's Deadliest Weather: On Camera**
2.00 AM **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **Property Brothers: Family Flashback**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Tipping Point: Lucky Stars** With Paul Sinha, Mark Labbett and Anne Hegerty of *The Chase*.
7.00 **MasterChef Australia** New edition The first immunity challenge.
8.00 **Nick Knowles' Big House Clearout**
9.00 **The Gentle Art of Swedish Death Cleaning** New edition
10.00 **DIY SOS: Homes for Veterans** In Manchester.
11.00 **Nurses on the Ward**
12.00 M'T **Ambulance Australia** Documentary.
1.00 AM **Bang on Budget**
2.00 **to 3.00** AM **MasterChef Junior USA**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Born and Bred**
4.10 **Howards' Way**
5.20 **Birds of a Feather**
6.00 **Desmond's**
6.35 **Are You Being Served?**
7.20 **Last of the Summer Wine** Vintage comedy.
8.00 **Annika** 4/6. A writer is found dead. (S1)
9.00 **Whitstable Pearl** New episode *The Gumshoe and the Femme Fatale:* 4/6. An actor is attacked after changing her will. (S2) ■ Full series on UKTV Play
10.00 **New Tricks**
11.20 **Silent Witness**
1.35 AM **Annika**
2.45 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

THURSDAY Entertainment

Thursday

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Florida.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **A Place in the Sun**
12.00 NOON **Money for Nothing** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Antiques Road Trip** Double bill.
5.00 **The Yorkshire Auction House**
7.00 **Antiques Road Trip**
9.00 **Who Do You Think You Are?** With actor Anna Maxwell Martin.
10.00 **Long Lost Family** Helping more people reunite with long-lost relatives, including a woman whose Colombian birth mother gave her up for adoption.
11.00 **Help! My House Is Haunted** Double bill.
1.00 AM **The Dead Files**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Weakest Link**
11.00 **Pointless Celebrities**
12.00 NOON **Cash Trapped**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **Bullseye** Four editions of the darts-based quiz.
7.00 **Cash Trapped** Quiz hosted by Bradley Walsh.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Weakest Link**
1.00 AM **Cash Trapped**
2.00 **The Chase** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.00 AM **Coast Guard Alaska**
9.00 FILM **Cowboy** Western. (1958, PG, 90min) ★★★
11.00 **The Panzer** Documentary.
12.00 NOON **Wild West Chronicles** Double bill.
1.00 PM FILM **Ambush at Tomahawk Gap** Western. (1953, PG, 73min) ★★★
2.40 FILM **Face of a Fugitive** Western. (1958, U) ★★
4.30 **Wild West Chronicles**
5.10 FILM **Saints and Soldiers: Battle of the Tanks** (2014, 12) ★★
7.10 FILM **Deadly Voltage** Action adventure. (2015, PG, 84min) ★★
9.00 FILM **Ninja** Martial arts thriller. (2009, 18) ★★
10.55 FILM **Maximum Security** Thriller. (2017, 15) ★★
12.50 AM FILM **Stormageddon** Thriller. (2015, PG) ★★
2.40 **The Panzer**
3.30 **War Machines**
4.30 **to 5.00** AM **Wild West Chronicles**
+1 hour 324

GREAT! movies
321 425 34

9.00 AM FILM **The House on the Hill** Thriller. (2019, 12, 90min) ★★
10.55 FILM **A Sister's Obsession** Thriller. (2019, 15, 89min) ★★
12.50 PM FILM **Deadly Vengeance** Thriller. (2019, PG, 87min) ★★
2.50 FILM **Super Eruption** Disaster movie. (2011, 15, 89min) ★★
4.45 FILM **Fire Twister** Disaster movie. (2015, 12, 90min) ★
6.35 FILM **The Net** Thriller. (1995, 12, 115min) ★★★
9.00 FILM **Heat** Director Michael Mann's crime thriller. (1995, 15, 171 min) ★★★★★
12.30 AM FILM **A Bronx Tale** Crime drama. (1993, 18, 121 min) ★★★★
3.00 **Wild West Chronicles**
4.00 **to 6.00** AM FILM **A Night to Regret** Drama. (2018, 12) ★★
+1 hour 322

GREAT! romance
319 424 52

8.00 AM FILM **I Married Who?** Comedy. (2012, PG, 86min) ★★
10.00 FILM **Love Knots** Comedy. (2021, PG) ★★
12.00 NOON FILM **BFF Bride** Drama. (2019, PG) ★★
2.00 PM FILM **My Boss's Wedding** Romance. (2021, PG, 85min) ★★
4.00 FILM **Sealed with a Kiss** Romantic drama. (2015, PG, 90min) ★★
6.00 FILM **Perfect Wedding** Comedy. (2015, PG) ★★
8.00 FILM **Love on Safari** Romantic drama. (2018, PG, 84min) ★★
10.00 FILM **Blueprint to the Heart** Romantic drama. (2020, PG, 90min) ★★
12.00 M'T **Highway to Heaven**
1.00 AM FILM **Listen Out for Love** Romantic comedy. (2022, PG, 88min) ★★
3.10 **to 5.00** AM FILM **Fashionably Yours** Comedy. (2020, PG) ★★
+1 hour 320 63

GREAT! real
189 61

9.00 AM **Thief Trackers**
9.30 **Police Ten 7**
12.00 NOON **Air Rescue**
1.00 PM **Airline USA**
2.00 **Paddington Station 24/7** The rear of a departing train derails.
3.00 **Island Medics**
4.00 **Air Rescue**
5.00 **Coast Guard Alaska**
6.00 **Coast Guard Pacific Northwest**
7.00 **Paddington Station 24/7** Signal problems lead to the complete suspension of the line.
8.00 **Island Medics**
9.00 **Air Rescue**
10.00 **Code 1: Extreme**
11.00 **Paddington Station 24/7** As 7.00pm.
12.00 M'T **Coast Guard Pacific Northwest**
1.00 AM **Coast Guard Alaska**
2.00 **Police Ten 7**
4.00 **Cops Uncut**
5.00 **to 5.50** AM **Airline USA**
+1 hour 289

DMAX
159 169 39 150

6.00 AM **Alaska: Last Frontier** Documentary.
7.00 **Building Off the Grid**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
12.00 NOON **Homestead Rescue: Raney Ranch**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers**
4.00 **Garage Rehab**
5.00 **Kindig Customs**
6.00 **Deadliest Catch**
7.00 **Alaska: Last Frontier**
8.00 **Gem Hunters Down Under** Documentary.
9.00 **Ghost Adventures** Exploring one of the oldest forts in America.
10.00 **Kindred Spirits**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL**
1.00 AM **Yukon Men**
2.00 **Teleshopping**
4.00 **Building Alaska**
5.00 **to 6.00** AM **Maine Cabin Masters**
+1 hour 259 369 151

Food Network
140/141 190 43 148

6.00 AM **Barefoot Contessa**
7.00 **The Pioneer Woman**
8.00 **Jamie Cooks Italy**
9.00 **James Martin's...**
10.00 **Rick's Food Heroes:**
11.00 **Hairy Bikers' Meals on Wheels: Back on the Road**
12.00 NOON **Great British...**
2.00 PM **James Martin's Mediterranean**
3.00 **Michel Roux's French...**
4.00 **The Pioneer Woman**
5.00 **Girl Meets Farm**
6.00 **Great British Bake Off**
8.00 **Michel Roux's French Country Cooking**
9.00 **Rick's Food Heroes**
10.00 **Marcus in the Med**
10.30 **Marcus Wareing's Tales from a Kitchen Garden**
11.00 **Diners, Drive-Ins and...**
12.00 M'T **Grocery Games**
1.00 AM **Restaurant: Impossible**
2.00 **to 3.00** AM **Diners, Drive-Ins and Dives**
+1 hour 240/241 149

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 17/26. (S5)
9.00 **Airwolf** 19/24. (S4)
10.00 **Mission: Impossible**
11.00 FILM **Wyvern** Monster movie. (2009, 15) ★★
1.00 PM FILM **Crystal Skulls** Fantasy adventure. (2014, PG, 88min) ★★
3.00 FILM **The 7 Adventures of Sinbad** Fantasy action adventure. (2010, PG, 90min) ★★
5.00 **Star Trek** 21/26. (S2)
6.00 **Mission: Impossible**
7.00 **Airwolf** 20/24. (S4)
8.00 **Walker, Texas Ranger**
9.00 FILM **The River Wild** Adventure thriller. (1994, 12, 112min) ★★★★
11.10 FILM **Rogue Hostage** Action thriller. (2021, 15, 93min) ★★
1.00 AM FILM **Seal Team VI: Journey into Darkness** Drama. (2008, 18) ★★
2.55 **to 4.50** AM FILM **The Shed** Horror. (2019, 15, 98min) ★★

Legend Xtra
317 171 69 138

6.00 AM **Farscape: The Peacekeeper Wars**
8.00 FILM **Battle Star Wars** Sci-fi drama. (2020, 12, 86min) ★
10.00 **Andromeda** 1/22. (S1)
11.00 **Farscape: The Peacekeeper Wars**
1.00 PM FILM **The Bone Eater** Monster movie. (2007, 12, 90min) ★★
3.00 **Andromeda** 1/22. (S1)
4.00 **The Prisoner** 5/17. (S1)
5.00 **Farscape: The Peacekeeper Wars**
7.00 **Andromeda** 2/22. (S1)
8.00 **The Prisoner** 6/17. (S1)
9.00 FILM **The Driver** Thriller starring Ryan O'Neal and Bruce Dern. (1978, 15, 91 min) ★★★★
10.50 FILM **Prince of Darkness** Grisly horror film from terror maestro John Carpenter. (1987, 18, 101 min) ★★★
1.00 **to 3.00** AM FILM **The Driver** As 9.00pm.
+1 hour 318 371 139

Blaze
164 174 64 162

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.25 **Container Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Files: Unsealed**
11.10 **The Proof Is Out There**
12.10 PM **Weird or What?**
1.05 **Monsterquest**
2.05 **Pawn Stars**
3.05 **Storage Wars: Texas**
3.35 **Container Wars**
4.00 **Ancient Aliens**
6.00 **Alien Files: Unsealed**
7.00 **Pawn Stars**
8.00 **Dickinson's Real Deal**
9.00 **Alien Disclosure Files** New editions Double bill.
10.00 **Close Encounters**
11.00 **Evidence Unexplained**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Alien Files: Unsealed**
2.00 **The Proof Is Out There**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT
153 138 46 133

9.00 AM **Entertainment News**
9.10 **The Yorkshire Vet**
3.00 PM **Murder, She Wrote**
4.00 **Columbo**
6.00 **Ben Fogle: New Lives in the Wild** Ben visits the wilderness of Alaska. **7.00** Ben meets twin brothers who live in the canyons of Utah.
8.00 **Queens of Mystery** *Death by Vinyl – First Chapter:* 3/6. A member of the band Cat used to be in is found dead. (S1)
9.00 **The Madame Blanc Mysteries** 5/7. Jean has friends visiting Sainte Victoire, but they are plagued by mysterious problems. (S2)
10.00 **Buried Secrets of WWII** Examining the German siege of Malta in 1940.
11.00 **Nazi Megastructures**
12.00 M'T **Forged in Fire**
3.30 AM **The Yorkshire Vet**
3.55 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 166

7.00 AM **Building Alaska**
8.00 **Help! I Wrecked My House** Property series.
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **A Place in the Sun**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Bargain Mansions**
2.00 **Flip or Flop Fort Worth**
3.00 **Good Bones**
4.00 **Escape to the Country**
5.00 **A Place in the Sun**
7.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **Fix My Flip** New edition Page Turner assists flipping partners who are trying to sell a home next to a pig farm.
10.00 **Restored by the Fords**
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop Nashville**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress: UK** Double bill.
10.00 **Dr Pimple Popper**
11.00 **The Family Chantel**
12.00 NOON **Unexpected: Teenage & Pregnant**
1.00 PM **Sister Wives**
3.00 **7 Little Johnstons**
4.00 **Little People, Big World**
5.00 **The Family Chantel**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant**
9.00 **Cornwall Air 999**
10.00 **Hoarding: Buried Alive**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Hoarding: Buried Alive**
3.00 **Sex Sent Me to the ER**
4.00 **I Didn't Know I Was Pregnant**
5.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Home Improvement**
9.00 **Friends** 16–20/24. (S4)
11.00 **New Girl** 11–14/22. (S4)
1.00 PM **Friends** 1–13/25. (S3)
8.00 **Friends** 15/25. Rachel tells Ross that they should take a break from each other. **8.30** 16/25. Rachel finds out about Ross's infidelity. (S3)
9.00 **Lee Evans Live: The Different Planet Tour** Stand-up from 1996.
10.30 **Dara Ó Briain Talks Funny: Live in London**
11.35 **Michael McIntyre: Live & Laughing**
12.55 AM **Jack Dee Live at the Apollo**
1.55 **Dylan Moran: Yeah, Yeah Live**
3.20 **The Daily Show** New edition Talk show.
3.45 **Beavis and Butt-Head**
3.55 **New Girl** 9/22. (S4)
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Becker** (S1&2)
11.00 **Guessable?**
12.00 NOON **Most Ridiculous**
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers: Dinner Party**
3.00 **Daria** 8&9/13. (S2)
4.00 **Becker** 1&2/24. (S2)
5.00 **Home Improvement**
6.00 **Last Man Standing**
7.00 **New Girl** Four episodes of the sitcom, including at: **8.00** 13/22. Jess reveals her relationship. **8.30** 14/22. Schmidt and Nick pitch their business venture. (S4)
9.00 **Rhod Gilbert's Growing Pains** With Ivo Graham.
10.00 **Friends** 13–18/24. (S2)
1.00 AM **Ren & Stimpy Show**
2.00 **South Park**
3.50 **Mike Judge's Beavis and Butt-Head**
4.35 **Digman!**
5.15 **to 6.00** AM **Criminally Funny**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **999 Frontline**
11.30 **Bondi Rescue**
12.00 NOON **Air Ambulance ER** Documentary.
1.00 PM **Stop, Search, Seize**
2.00 **Most Haunted**
4.00 **DC's Legends of Tomorrow** (S4)
6.00 **Primeval** 1&2/10. (S3)
8.00 **Stop, Search, Seize**
9.00 **Highway Patrol**
10.00 **Air Ambulance ER**
11.00 **The Rookie** 8/10. The team keep the peace at the hospital. (S6)
12.00 M'T **The Cleaning Lady**
1.00 AM **The Russell Howard Hour**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

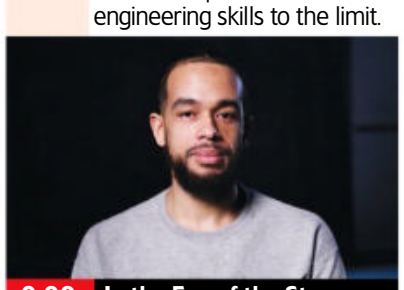
6.00 AM **Teen Mom 2**
7.10 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Dallas Cowboys Cheerleaders**
8.00 **Rich Kids Go Skint**
9.00 **The Love Experiment** Three best friends enter The Hall – a dating app brought to life.
10.00 **Geordie Shore** James makes a shocking announcement.
11.00 **The Surreal Life** New edition The villa is in turmoil over Tyler and Macy's blowout.
12.00 M'T **Love & Hip Hop: Atlanta** New edition Sierra leaves hospital to find her friendships in critical condition.
1.00 AM **Ink Master: Revenge** Double bill.
2.45 **Geordie Shore**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
7.00 **How Do They Do It?**
8.00 **Blowing Up History**
9.00 **How the Universe Works**
10.00 **Iron Resurrection**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Double bill.
3.00 **Hoffman Family Gold**
4.00 **Edge of Alaska**
5.00 **Salvage Hunters** Scouring a Victorian wool mill in Bradford.
6.00 **Iron Resurrection** Joe Martin pushes his engineering skills to the limit.



9.00 In the Eye of the Storm

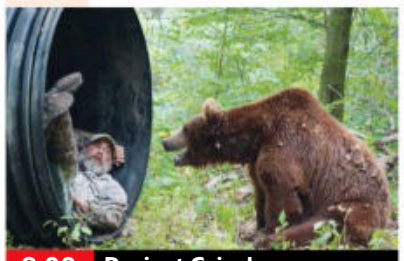
7.00 **Jeremy Wade's Dark Waters** Jeremy Wade travels to South Africa in search of some of the world's most unusual fish.
8.00 **Wheeler Dealers** Mike and Ant work on a 1965 Dodge Coronet 500, a high-horsepower veteran of the drag strip.
9.00 **In the Eye of the Storm** New edition A woman braves arctic conditions to save a man freezing to death outside her home.
10.00 **Naked and Afraid: Last One Standing** New edition A gash on Dan's hand threatens his challenge.
12.00 M'T **Mysteries of the Missing** The science behind the Bermuda Triangle, and a look at the lost tribes of the Amazon.
1.00 AM **In the Eye of the Storm** As shown at 9.00pm.
2.00 **Naked and Afraid: Last One Standing** As 10.00pm.
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/178 178

8.00 AM **Animal Cribs**
9.00 **Crikey! It's the Irwins**
10.00 **Dogs 101**
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Crikey! It's the Irwins**
2.00 **Lair of the Killer Crocs**
3.00 **Monster Croc Invasion**
4.00 **Dogs 101**
5.00 **Alaska: Homestead Rescue** The Raneys help an couple with a toxic salt water well.
6.00 **Animal Cribs** Gentle Barn, which is home to more than 200 rescued animals.



8.00 Project Grizzly

7.00 **Crikey! It's the Irwins** Robert wrangles western diamondback rattlesnakes in Arizona using his father's techniques.
8.00 **Project Grizzly** Jeff teaches the bears how to den up for the winter – and they get territorial when Jeff's friend arrives.
9.00 **Project Grizzly** Jeff teaches the bears to be scared of humans before they are released, which is imminent.
10.00 **Alaskan Bush People** The kids join Matt back in Alaska to help him pack up Browntown while Ami awaits treatment options.
11.00 **From Wags to Riches** Bill spruces up some rescue dogs.
12.00 M'T **Pit Bulls & Parolees** A couple have trouble choosing between two dogs.
1.00 AM **Alaskan Bush People**
2.00 **Dogs 101**
3.00 **Alaska: Homestead Rescue**
4.00 **to 5.00** AM **Animal Cribs**

+1 hour 262/278 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Europe from Above**
12.00 NOON **Car S.O.S**
1.00 PM **Air Crash Investigation**
2.00 **Area 51: I Was There**
3.00 **Area 51: The CIA's Secret Files** Documentary.
4.00 **Spanish Empire: Rise and Fall**
5.00 **Car S.O.S** Tim and Fuzz pick up a Mk 3 Ford Cortina.
6.00 **Hitler's Secret Underground Factory** The revolutionary Messerschmitt ME 262.

10.00 Alaska: Next Generation

7.00 **Air Crash Investigation** How a captain saved a plane from a disaster in 2002 when the autopilot malfunctioned.
8.00 **Rocky Mountain Railroad** Following the ongoing battle to keep Canada's freight and passenger trains rolling.
9.00 **Wicked Tuna** New edition Halfway through the season, the *DotCom* and *Wicked Pissah* alliance continues to be a force.
10.00 **Alaska: The Next Generation** New edition How Alaskans learn to survive by their own rules in harsh climates.
11.00 **Air Crash Investigation**
12.00 M'T **Britain's Underworld**
1.00 AM **America's Hardest Prisons**
2.00 **Money Meltdown**
2.30 **Lords of War**
2.55 **Abandoned**
3.20 **Food Factory**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
7.00 **Pawn Stars Do America**
8.00 **Rust Valley Restorers**
10.00 **Pawn Stars**
12.00 NOON **Counting Cars**
2.00 PM **Battle 360** Reconstructing the struggle faced by American forces, led by the *USS Enterprise*, to reclaim the Marianas Islands from enemy forces.
4.00 **Pawn Stars** Four editions.
6.00 **American Pickers** A retired Air Force general reveals the story of his American Dream.

9.00 Alone

7.00 **Forged in Fire** Two smiths are tasked to recreate one of the most widely used and dangerous medieval weapons.
8.00 **Swamp People: Serpent Invasion** New edition Ashley and Kaylyn hunt in the wake of Hurricane Ian's destruction.
9.00 **NEW SERIES Alone** An introduction to the latest series of the survivalist challenge.
10.00 **Alone** New edition Ten new survivalists endure conditions north of the Arctic Circle for a chance to win $500,000.
11.00 **Dog Patrol** Corrections dog Wally makes a point of finding drugs on prison grounds. **11.30** Drug-hunting hound Anika makes a discovery.
12.00 M'T **Pawn Stars**
2.00 AM **Storage Wars**
3.00 **Swamp People: Serpent...**
4.00 **to 6.00** AM **Counting Cars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Inside the Factory**
8.00 **Abandoned Engineering**
10.00 **WW2 – Frontlines**
11.00 **Nazi Hunters**
12.00 NOON **Find It, Fix It, Flog It**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash: Restoring Classics** Double bill.
4.00 **WW2 – Frontlines** The battle of Omaha beach.
5.00 **Nazi Hunters** The search for Josef Mengele.
6.00 **Antiques Roadshow** Fiona Bruce and the team are at Lytham Hall in Lancashire.

8.00 Bangers & Cash

7.00 **Find It, Fix It, Flog It** In Wiltshire Henry and Simon meet Laura who lives in a collection of farm buildings.
8.00 **Bangers & Cash** New edition Derek picks up a 1956 Siva Tourer, which was made famous in *Doctor Who*.
9.00 **Dream Car Fixers** Peter wants a Triumph Herald Convertible, like the one he had when he first learned to drive.
10.00 **Bangers & Cash: Restoring Classics** A 1969 Morris Mini Cooper MkII is restored.
11.00 **Abandoned Engineering** The remains of a correctional facility in Atlanta, USA.
12.00 M'T **Great American Railroad Journeys** Michael Portillo pays homage to Rocky and visits a Civil War battlefield.
1.00 **to 3.00** AM **The Yorkshire Steam Railway: All Aboard**

+1 hour 255 329 74

Thursday

7 PM

8 PM

9 PM

10 PM

Quest

144 834 137 12 172 167

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
10.00 **The Repair Shop**
12.00 NOON **How Do They Do It?** Four editions.
2.00 PM **Find It, Fix It, Drive It** A foldable scooter.
3.00 **Find It, Fix It, Flog It**
5.00 **Wheeler Dealers**
7.00 **Salvage Hunters: Classic Cars**
8.00 **Salvage Hunters: The Restorers**
9.00 **Wheeler Dealers** Mike finds one of the most iconic estate cars of all time – the Volvo 240 Torslanda.
10.00 **Downey's Dream Cars** New edition Robert updates his 1966 Buick Riviera with a one-of-a-kind rebuild.
11.00 **The Repair Shop**
1.00 AM **Wheeler Dealers**
3.00 **How Do They Do It?**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress: Atlanta** Double bill.
8.00 **Say Yes to the Dress**
10.00 **Say Yes... Lancashire**
11.00 **The Perfect Murder**
12.00 NOON **Forensic Detectives**
1.00 PM **FBI Files**
2.00 **American Monster**
4.00 **Murder on CCTV**
5.00 **Disappeared**
7.00 **Judge Rinder's Crime Stories** The attempted theft of a prized diamond.
8.00 **Murder on CCTV** Double bill of the series.
10.00 **Evil Lives Here** The case of Corey Breininger.
12.00 M'T **Nightmare Next Door** Focusing on the case of 18-year-old Katherine Foster.
1.00 AM **Betrayed**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **48 Hours** A story of tragedy and triumph, the murder of a young woman, and how her killer's heart saves the life of a dying woman.
8.00 **Evidence of Evil** When police investigated a brutal murder, false claims of guilt nearly derailed the investigation.
9.00 **Nightmare Next Door** In 2004, the community of Santa Barbara is shattered by a gunshot.
10.00 **Bloodline Detectives** A woman is kidnapped and raped at knifepoint.
11.00 **Fatal Vows** Double bill.
1.00 AM **Nightmare Next Door** As 9.00pm.
2.00 **Bloodline Detectives**
3.00 **Medical Detectives**
4.00 **48 Hours** As 7.00pm.
4.50 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **New Scotland Yard Files** Geeta Aulakh.
10.00 **A Stranger in My Home**
11.00 **Medical Detectives**
1.00 PM **Medical Detectives**
2.00 **A Stranger in My Home**
4.00 **Medical Detectives** How the Centre for Disease Control dicovered a killer fungus. **4.30** An 18-year-old girl is abducted while talking on a pay phone. **5.00** The discovery of a woman's charred remains. **5.30** An LA-based kidnapping ring run by Russians is exposed. **6.00** How a cyanide poisoner almost got away with her murders. **6.30** An investigation into deaths at the VA Hospital in Clarksburg.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Stop, Search, Seize**
8.00 **Motorbike Cops**
9.00 **The Force: Manchester**
10.00 **Brit Cops**
11.00 **Killer in My Village**
12.00 NOON **Murders at the Boarding House**
1.15 PM **Highway Cops**
1.45 **What the Killer Did Next**
2.50 **World's Most Evil Killers**
3.55 **Catching the Killer**
5.00 **What the Killer Did Next**
6.00 **Killer in My Village**
7.00 **Catching the Killer**
8.00 **Britain's Most Evil Killers**
9.00 **The Priest and the Paedophile Hunter**
11.05 **Catching the Killer**
12.05 AM **Murdered at First Sight** Jeralee Underwood.
1.00 **Britain's Most Evil Killers**
2.00 **Snapped**
3.00 **Love You to Death**
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Grand Tours of Scotland** East coast.
8.40 **Egypt's Sun King: The Mystery Tombs**
9.45 **The Man Who Destroyed Oscar Wilde**
10.50 **Countdown to War**
11.50 **The US and the Holocaust**
1.00 PM **Grand Tours of...**
1.40 **Egypt's Sun King: The Mystery Tombs**
2.40 **The Man Who Destroyed Oscar Wilde**
3.45 **Countdown to War**
4.50 **The US and the...**
5.55 **Egypt's Sun King: The Mystery Tombs**
7.00 **NEW The Man Who Destroyed Oscar Wilde**
8.05 **Countdown to War**
9.05 **The US and the...**
10.15 **The Man Who Destroyed Oscar Wilde**
11.25 **Grand Tours of...**
12.00 M'T **Countdown to War**
12.55 **to 2.00** AM **Egypt's Sun King: The Mystery...**

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | EE HD

THURSDAY

Thursday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Story of Late Night**
7.00 Discovering: Leonardo DiCaprio A profile of the actor.
8.00 The Directors
8.55 The Civil War
10.00 Gabon: Earth's Last Chance
11.45 My Icon: Nasser Hussain
12.00 NOON **Elizabeth Taylor: The Lost Tapes** A profile of the actress told through audio tapes discovered in the archive of journalist Richard Meryman.
2.00 PM **Hurst: The First and Only**
3.50 My Icon: Chris Hughton
4.00 The Directors
5.00 Discovering: Leonardo DiCaprio A profile of the actor.
5.55 The Civil War
7.00 Chernobyl: The Lost Tapes
9.00 NEW **Klitschko: More Than a Fight** A profile of Vitali Klitschko, charting his journey from the boxing ring to becoming the mayor of Kyiv.
11.00 Hatton Profile of Ricky Hatton.
1.00 AM **The Two Escobars**
3.00 Music Box The life of Kenny G.
5.00 to 6.00 AM **Discovering: Leonardo DiCaprio**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 Monkey Life
8.00 City Wildlife Rescue
9.00 Animal Empires
10.00 Evolution Earth
11.00 Orangutan Jungle School
12.00 NOON **Dawn to Dusk**
1.00 PM **Monkey Life**
2.00 City Wildlife Rescue
3.00 Animal Empires
4.00 Orangutan Jungle School
5.00 Shark Squad
6.00 Dawn to Dusk
7.00 Monkey Life
8.00 Attenborough's Journey
9.00 Ocean Parks A visit to Monterey Bay to explore the US's largest marine sanctuary.
10.00 Dawn to Dusk
11.00 Shark Squad
12.00 M'T **Wild Canary Islands**
1.00 AM **Africa's Wild Roommates: How Animals Share Bed and Board** Documentary.
2.00 Attenborough's Journey
3.00 Ocean Parks As 9.00pm.
4.00 City Wildlife Rescue
5.00 to 6.00 AM **Animal Empires**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 Combat Ships
9.00 Secrets in the Ice
10.00 History of Weapons
11.00 Ancient Aliens
1.00 PM **Ancient Aliens**
3.00 Decoding the Past
4.00 Egypt's Unexplained Files
5.00 Secrets in the Ice
6.00 Dirty Old Cars
7.00 Combat Ships The ships involved in the biggest naval deployments in recent history, including the Iran-Iraq War and Desert Storm.
8.00 History of Weapons Experts explore three weapons that are easily used – the crossbow, a pike and the Kalashnikov.
9.00 Viking Dead A visit to Estonia, where the earliest known Vikings ships to have crossed the Baltic – as well as mass ship burials – have been uncovered.
10.00 Ancient Aliens
2.00 AM **Dirty Old Cars**
3.00 Warriors
4.00 Egypt's Unexplained Files
5.00 to 6.00 AM **Decoding the Past**

Crime+Investigation

156 837 133

6.00 AM **On the Case**
7.00 Homicide Hunter
9.00 What the Killer Did Next
10.00 Imperfect Murder
11.00 Motive to Murder
12.00 NOON **Green Eyed Killers**
1.00 PM **Sin City Murders**
2.00 Accident, Suicide or Murder?
3.00 Witness to Murder: Digital Evidence
4.00 Murdertown
5.00 Interrogation Raw
6.00 Cold Case Files
7.00 The First 48
8.00 Imperfect Murder
9.00 The First 48 A young woman is killed in a drive-by shooting.
10.00 60 Days In New edition Corey's dental distress sends him over the edge.
11.00 Homicide Hunter
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Nightmare in Suburbia**
2.00 60 Days In
3.00 Accident, Suicide or Murder?
4.00 Green Eyed Killers
5.00 to 6.00 AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 Bizarre Animal Friends
10.00 America's Northwest Giants
11.00 Animals Gone Wild
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 Equator's Wild Secrets
4.00 Secrets of the Zoo
5.00 Wicked Tuna
6.00 Snakes in the City
7.00 Yukon Vet Dr Oakley heads to Sweden to observe brown bears.
8.00 Lost Beasts Unearthed Archaeological digs shed light on extinct animals, beginning at an excavation of Tyrannosaurus Rex remains in America.
9.00 Alaska: The Next Generation The Alaskans must stockpile necessary resources.
10.00 Swamp Men
11.00 When Sharks Attack
12.00 M'T **Alaska: The Next Generation** Documentary.
1.00 AM **Monster Fish**
2.00 Yukon Vet
3.00 Secrets of the Zoo
4.00 to 5.00 AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Expedition Unknown**
7.00 NASA's Unexplained Files
8.00 Blowing Up History
9.00 Combat Dealers
10.00 Salvage Hunters
11.00 Find It, Fix It, Flog It
12.00 NOON **Combat Dealers**
1.00 PM **How It's Made**
2.00 NASA's Unexplained Files
3.00 Salvage Hunters
4.00 Finding Escobar's Millions
5.00 Tony Robinson's Victory in Europe The story of the last days of the Nazi regime and the end of World War Two.
6.00 Combat Dealers
7.00 Expedition Unknown
8.00 America: Facts vs Fiction
9.00 Combat Dealers
10.00 Salvage Hunters
11.00 Find It, Fix It, Flog It
12.00 M'T **Blowing Up History**
1.00 AM **How It's Made**
2.00 Salvage Hunters
3.00 America: Facts vs Fiction
4.00 to 5.00 AM **Find It, Fix It, Flog It**

+1 hour 277 381

Eden

166 176

9.00 AM **Chris Tarrant: Extreme Railways** As shown at 11.00pm.
10.00 Abandoned Engineering
1.00 PM **Abandoned Engineering**
7.00 Abandoned Engineering A fuel plant in Poland built to make Nazi Germany self-sufficient. **8.00** A set of World War Two sea defences built near the mouth of the River Thames. **9.00** A look at some of the world's most impressive disused railway bridges. **10.00** Exploring ship graveyards, including Scapa Flow in Orkney, where German warships were scuttled after World War One.
11.00 Chris Tarrant: Extreme Railways Chris explores five countries that were part of Yugoslavia, which once had a state-run railway network.
12.00 M'T **Anthony Bourdain: Parts Unknown** A visit to Sri Lanka.
1.00 AM **Abandoned Engineering**
5.20 to 6.00 AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

6.00 AM **Disappeared**
7.00 Teleshopping
8.00 A Killer's Mistake
9.00 I'd Kill for You
11.00 The Killer Beside Me
1.00 PM **Murder Chose Me**
3.00 Murder Calls
5.00 A Killer's Mistake
6.00 Forbidden: Dying for Love
7.00 Where Murder Lies A couple enjoyed an idyllic rural life in California – until a gruesome murder ripped it apart.
8.00 Disappeared The unpredictable twists and turns of missing person cases.
9.00 Murder in the Heartland A botched investigation delays the search for a young mother's killer in Kentucky.
10.00 Caught in the Net
11.00 Evil Online
12.00 M'T **Dead Silent**
2.00 AM **Disappeared**
3.00 A Killer's Mistake
4.00 Forbidden: Dying for Love
5.00 to 6.00 AM **Where Murder Lies**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Vintage Voltage**
7.00 Wheeler Dealers
8.00 Goblin Works Garage
9.00 Head 2 Head
10.00 Fifth Gear
11.00 Salvage Hunters: Classic Cars
12.00 NOON **Shed and Buried**
1.00 PM **Extreme RVs**
2.00 Wheeler Dealers
3.00 Fantomworks
4.00 Extreme RVs
5.00 Salvage Hunters: Classic Cars
6.00 Shed and Buried
7.00 Wheeler Dealers
8.00 Extreme RVs Featherlite build a unique Wall Street-inspired fleet of coaches.
9.00 Million Dollar Wheels RD is forced to deliver J Balvin's Maybach with factory wheels.
10.00 Shed and Buried
11.00 Wheeler Dealers
12.00 M'T **Extreme RVs**
1.00 AM **Texas Metal**
2.00 Fast N' Loud
3.00 Wheeler Dealers
4.00 to 5.00 AM **Twin Turbos**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.05 AM **Robin and the Hoods** Comedy. (2024, PG) ★★
7.50 The Inventor As 2.40pm.
9.35 Deep Sea As 3.35am.
11.35 Under the Boardwalk (2023)
1.05 PM **Trolls Band Together** Animation. (2023, U) ★★★
2.40 The Inventor Animation. (2023, PG, 100min) ★★★
4.30 Under the Boardwalk Animation. (2023, PG) ★★★
6.00 Mean Girls Musical comedy. (2023, 12, 112min) ★★★

6.00 Mean Girls

8.00 Parallel Fantasy thriller starring Danielle Deadwyler. Grief-stricken after the loss of her child, a woman meets a version of herself from a parallel universe. With Aldis Hodge. (2024, 15, 88min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Night Swim Horror starring Wyatt Russell and Kerry Condon. A woman swimming in her pool at night is terrorised by an evil spirit. With Amélie Hoeferle and Jodi Long. (2024, 15, 98min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 Concrete Utopia South Korean drama. Subtitled. (2023, 15, 130min) ★★★★
1.45 AM **What Happens Later** Romantic comedy with Meg Ryan and David Duchovny. (2023, 15, 99min) ★★★
3.35 Deep Sea Animation. (2023, PG, 112min) ★★★
5.40 to 7.45 AM **Uproar** Comedy drama. (2023, 12, 110min) ★★★

Sky Cinema Blockbusters

303 403 503 517

6.50 AM **Sky Cinema Preview**
7.05 Over the Hedge Animation. (2006, U, 83min) ★★★★
8.35 Matilda Fantasy drama. (1996, PG, 98min) ★★★★
10.25 Kung Fu Panda As 6.20pm.
12.05 PM **Fast & Furious 6** As 10pm.
2.20 Black Adam As 12.15am.
4.35 Bridget Jones's Diary Romantic comedy drama. (2001, 15, 96min) ★★★★
6.20 Kung Fu Panda Animation. (2008, PG, 92min) ★★★★

6.20 Kung Fu Panda

8.00 Ghostbusters Fantasy comedy reboot starring Kristen Wiig and Melissa McCarthy. When supernatural disturbances occur in New York City, four experts in the paranormal and their dim assistant investigate. (2016, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Fast & Furious 6 Action thriller sequel starring Vin Diesel and Paul Walker. The gang of carjackers come out of retirement to stop a criminal mastermind from constructing a superweapon. With Dwayne Johnson and Michelle Rodriguez. (2013, 12, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Black Adam** Fantasy starring Dwayne Johnson. (2022, 12, 125min) ★★★
2.30 Bridget Jones's Diary (2001)
4.15 to 6.20 AM **Ghostbusters**

Sky Cinema Drama

310 410 510 524

6.05 AM **Cold Mountain** Romantic epic. (2003, 15, 152min) ★★★
8.45 Dreamgirls Musical drama. (2006, 12, 130min) ★★★★
11.00 Dallas Buyers Club Fact-based drama starring Matthew McConaughey and Jared Leto. (2013, 15, 114min) ★★★★
1.00 PM **The Cinema List: The 90s**
1.20 Miss Potter As 10.25pm.
3.00 Meet Joe Black As 12.00m't.

6.05 Dear John Romantic drama starring Channing Tatum. (2010, 12, 108min) ★★
8.00 Forrest Gump Multi-Oscar-winning whimsical fable starring Tom Hanks as an Alabama-born man who leads a charmed existence over four turbulent decades of American history. (1994, 12, 136min) ★★★★
10.25 Miss Potter Biopic starring Renée Zellweger as children's author Beatrix Potter. (2006, PG, 93min) ★★★

12.00 M'T **Meet Joe Black** Supernatural romantic drama. (1998, 12, 181 min) ★★★★
3.00 AM **Dear John** As 6.05pm.
4.50 The Cinema List: The 90s
5.10 to 7.20 AM **...And Justice for All** Satirical black comedy. (1979, 15, 119min) ★★★

Sky Cinema Sci-fi

311 411 511 525

7.20 AM **Aeon Flux** As 2.10am.
9.10 Arrival Sci-fi drama. (2016, 12, 116min) ★★★★★
11.20 Anon Sci-fi thriller starring Clive Owen. (2018, 15, 100min) ★★★
1.05 PM **The Island** Sci-fi thriller. (2005, 12, 136min) ★★★
3.35 After Earth Sci-fi adventure. (2013, 12, 98min) ★★
5.35 Ready Player One Adventure. (2018, 12, 140min) ★★★★

8.00 Total Recall Sci-fi thriller remake starring Colin Farrell, Jessica Biel and Kate Beckinsale. In a post-apocalyptic future Earth, a worker unlocks memories of his secret past as a super-spy. (2012, 12, 113min) ★★★
10.05 Upgrade Sci-fi thriller starring Logan Marshall-Green and Melanie Vallejo. A mugging victim in a wheelchair seeks revenge with the aid of a computer chip implant. (2018, 15, 100min) ★★★★

11.50 The Core Sci-fi action thriller. (2002, 12, 135min) ★
2.10 AM **Aeon Flux** Sci-fi action thriller. (2005, 15, 93min) ★★
3.50 The Harbinger Horror thriller. (2022, 15, 87min) ★★★★
5.30 to 7.05 AM **Silent Running** Cult sci-fi drama. (1972, U) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

6.10 AM **Beethoven** As 2.25am.
7.45 **Beethoven's 2nd** As 4.00am.
9.20 **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
11.10 **The Lord of the Rings: The Two Towers** Epic fantasy. (2002, 12, 179min) ★★★★★
2.20 PM **Big Fat Liar** As 11.05pm.
4.00 **The Karate Kid: Part III** Adventure. (1989, PG) ★
5.55 **The Lord of the Rings: The Return of the King** Fantasy. (2003, 12, 201 min) ★★★★★

9.25 Step Dogs

The Lord of the Rings: The Return of the King (film started at 5.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.25 **Step Dogs** Family comedy starring Joris Jarsky and Ryan Belleville. A pampered California pooch and a wisecracking farm hound defend their home from a couple of bumbling thieves. (2013, U, 82min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Big Fat Liar** Teen comedy starring Frankie Muniz. (2002, PG, 88min) ★★★
12.45 AM **Pups United** Adventure with Matthew James Roberts. (2015, U, 89min) ★★★
2.25 **Beethoven** Comedy starring Charles Grodin and Bonnie Hunt. (1992, U, 87min) ★★★
4.00 **Beethoven's 2nd** Comedy sequel. (1993, U, 89min) ★★
5.35 **to 7.30** AM **Blueback** Drama. (2022, PG, 102min) ★★★

Sky Cinema Action

307 407 507 521

6.10 AM **Sisu** As 12.30am.
7.55 **Once Upon a Time in China**
10.20 **The Fast and the Furious** Thriller. (2001, 15) ★★★
12.10 PM **Batman Begins** Thriller. (2005, 12, 140min) ★★★★★
2.35 **Jackie Chan's Armour of God** Martial arts thriller. (1986, 15, 95min) ★★★
4.25 **Kick-Ass 2** Thriller sequel. (2013, 15, 99min) ★★★
6.15 **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★

10.40 Deadlock

8.00 **The Dark Knight** Dark comic-book action thriller starring Christian Bale, Heath Ledger, Aaron Eckhart and Maggie Gyllenhaal. Masked vigilante Batman encounters a dangerous new adversary when fiendish criminal mastermind The Joker unleashes a wave of violent anarchy. (2008, 12, 152min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

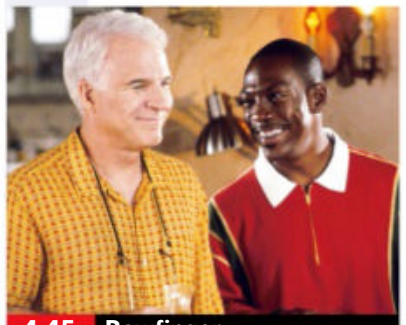
10.40 **Deadlock** Action thriller starring Bruce Willis, Patrick Muldoon and Matthew Marsden. (2021, 15, 97min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Sisu** Action thriller. (2022, 15, 88min) ★★★
2.10 **Once Upon a Time in China** Martial arts adventure. (1991, 15, 120min) ★★★★★
4.35 **to 6.35** AM **The Last Witch Hunter** Fantasy adventure. (2015, 12, 102min) ★★★

Sky Cinema Comedy

308 408 508 522

7.15 AM **Goon** As 3.50am.
8.55 **Begin Again** As 5.35am.
10.50 **Step Brothers** Comedy. (2008, 15, 98min) ★★★★
12.50 PM **Bill & Ted's Bogus Journey** Fantasy comedy. (1991, PG, 93min) ★★★★
2.30 **The Five-Year Engagement** Comedy. (2012, 15) ★★★
4.45 **Bowfinger** Comedy. (1999, 12, 97min) ★★★★
6.30 **Ali G Indahouse** Comedy. (2002, 15, 88min) ★★★


4.45 Bowfinger

8.00 **Disaster Movie** Spoof starring Matt Lanter and Vanessa Minnillo. Over the course of a single evening, a group of friends encounter a series of natural disasters. (2008, 12, 86min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **O Brother, Where Art Thou?** Offbeat period starring George Clooney. In the 1930s, three men escape from a chain gang and set out to recover some hidden loot. (2000, 12, 106min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Paul Dood's Deadly Lunch Break** Comedy thriller. (2021, 15, 95min) ★★
1.30 AM **The Five-Year Engagement** Comedy. (2012, 15, 119min) ★★★
3.50 **Goon** Sports comedy. (2011, 15, 88min) ★★★
5.35 **to 7.25** AM **Begin Again** Music comedy drama. (2013, 15, 102min) ★★★★

Sky Cinema Thriller

309 409 509 523

6.50 AM **Every Breath You Take**
8.40 **Serenity** As 3.50am.
10.30 **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★★★
12.30 PM **Last Seen Alive** Thriller. (2022, 15, 95min) ★★★
2.10 **Red Right Hand** Thriller. (2023, 15, 111 min) ★★★
4.10 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★
6.00 **Promising Young Woman** Thriller starring Carey Mulligan. (2020, 15, 113min) ★★★★

10.15 Hunt

8.00 **Marnie** Hitchcock's classic psychological thriller starring Tippi Hedren and Sean Connery. A wealthy publisher marries a compulsive thief and tries to unravel her mysterious past. With Diane Baker. (1964, 15, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Hunt** South Korean thriller directed by and starring Lee Jung-jae. Two feuding agents try to find a mole within the Korean Central Intelligence Agency. Subtitled. (2022, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Into the Deep** Thriller. (2022, 15, 90min) ★★★
2.00 **Every Breath You Take** Thriller. (2021, 15, 105min) ★★★
3.50 **Serenity** Mystery thriller. (2019, 15, 106min) ★★★
5.40 **to 7.15** AM **Barbarians** Thriller. (2021, 15, 89min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Dragonball Evolution** Fantasy. (2009, PG) ★★
12.40 PM **Bridge to Terabithia** Fantasy adventure. (2007, PG, 96min) ★★★★
2.35 **CutThroat Island** Swashbuckling adventure. (1995, PG, 123min) ★★
5.00 **Carry On Constable** Comedy. (1960, b/w, U, 86min) ★★★
6.45 **I, Robot** Sci-fi thriller. (2004, 12, 115min) ★★★★

11.25 The Book of Eli

I, Robot (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Déjà Vu** Sci-fi thriller with Denzel Washington. A federal agent investigating the bombing of a ferry encounters a window into the past and embarks on a race against time to prevent the tragedy. (2006, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.25 **The Book of Eli** Thriller starring Denzel Washington. A lone traveller walks west across a devastated America guarding the only remaining copy of a powerful book. (2010, 15, 118min) ★★★★
1.40 **to 4.00** AM **Fanny Lye Deliver'd** Period drama starring Maxine Peake. (2019, 18, 112min) ★★★

11 PM

+1 hour 314 430 47 301

Sky Cinema Adventure

302 402 502 516

7.05 AM **Scooby-Doo** As 1.15am.
8.35 **Scooby-Doo 2: Monsters Unleashed** As 2.45am.
10.15 **Addams Family Values** Ghoulish black comedy sequel. (1993, PG, 92min) ★★★★
12.00 NOON **Gran Turismo** (2023)
2.20 PM **Need for Speed** Adventure. (2014, 12, 132min) ★★★
4.35 **Gran Turismo** Action drama. (2023, 12, 123min) ★★★

7.00 **Now You See Me** Heist thriller starring Jesse Eisenberg, Mark Ruffalo, Woody Harrelson and Isla Fisher. A quartet of Las Vegas magicians go on a crime spree, puzzling the FBI and Interpol. (2013, 12, 115min) ★★★
9.00 **Now You See Me 2** Crime thriller sequel starring Jesse Eisenberg and Mark Ruffalo. (2016, 12, 124min) ★★★
11.15 **RoboCop 2** Sci-fi action sequel starring Peter Weller and Nancy Allen. (1990, 18, 114min) ★

1.15 AM **Scooby-Doo** Comedy. (2002, PG, 86min) ★★★
2.45 **Scooby-Doo 2: Monsters Unleashed** Comedy sequel. (2004, PG, 93min) ★★★
4.25 **to 6.05** AM **The Amazing Maurice** Animated adventure. (2022, PG, 93min) ★★★★

Sky Cinema Greats

304 404 504 518

6.35 AM **The Frighteners** As 3pm.
8.35 **The Cinema List: True Stories**
8.55 **Star Trek The Motion Picture**
11.05 **King Ralph** As 2.10am.
12.45 PM **Star Trek The Motion Picture** Sci-fi adventure. (1979, U, 132min) ★★★
3.00 **The Frighteners** Horror comedy. (1996, 15, 110min) ★★★
5.00 **Oppenheimer** Epic biopic. (2022, 15, 180min) ★★★★★

8.00 **Jaws** Steven Spielberg's thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★
10.10 **Jarhead** Military drama starring Jake Gyllenhaal, Jamie Foxx and Peter Sarsgaard. During the first Gulf War, a platoon of US Marines try to come to terms with stress and boredom while waiting to see action in Iraq. (2005, 15, 123min) ★★★★

12.15 AM **Enter the Dragon** Action thriller starring Bruce Lee. (1973, 18, 97min) ★★★★
2.10 **King Ralph** Comedy with John Goodman. (1991, PG, 97min) ★
3.50 **to 6.00** AM **Frost/Nixon** Director Ron Howard's drama. (2008, 15, 122min) ★★★★

Sky Cinema Animation

305 412 500 514

6.05 AM **Asterix: The Secret of the Magic Potion** Animated comedy. (2018, PG, 81 min) ★★★
7.35 **Rock Dog 3: Battle the Beat**
9.10 **The Super Mario Bros Movie** Animated family adventure. (2022, PG, 92min) ★★★
10.50 **Puss in Boots: The Last Wish** Animated family comedy. (2022, PG, 102min) ★★★★
12.40 PM **Dragon Rider** As 10.00pm.

2.20 **Mr Peabody & Sherman** Animation. (2014, U) ★★★★
4.00 **Happy Feet** Animated comedy. (2006, U, 108min) ★★★★
5.55 **Spider-Man: Across the Spider-Verse** Animation. (2023, PG, 140min) ★★★★
8.20 **Rock Dog 3: Battle the Beat** Animated adventure sequel. (2022, U, 90min) ★★
10.00 **Dragon Rider** Animation. (2020, PG, 91 min) ★★★
11.40 **Free Birds** Animated comedy adventure. (2013, U, 91 min) ★★

1.20 AM **10 Lives** Animated comedy. (2024, U, 98min) ★★★
2.55 **Moomins and the Winter Wonderland** Animation. (2017, U, 82min) ★★★
4.25 **to 6.10** AM **Boonie Bears: Back to Earth** Animation. (2022, PG, 97min) ★★

Movies 24

312 419

7.00 AM **An American In Austen** Comedy. (2024, PG, 84min) ★★
9.00 **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
11.00 **Caribbean Summer** Romantic comedy. (2022, PG, 84min) ★★
1.00 PM **One December Night** Festive drama starring Peter Gallagher. (2021, PG, 84min) ★★
3.00 **Love & Jane** Romantic fantasy. (2024, PG, 84min) ★★

5.00 **A Honeymoon to Remember** Romantic drama with Rebecca Dalton. (2021, PG, 85min) ★★
7.00 **Song & Story: Amazing Grace** Drama starring Bresha Webb, Getenesh Berhe and Sam Asante. (2021, PG, 90min) ★★
9.00 **Mr Pawsitively Perfect** Drama starring Christine L Nguyen and Jamie Spilchuk. A marketing designer's foster dog is adopted by someone she fears only wants the dog for his new image. (2023, PG, 90min) ★★

11.00 **A Scottish Love Scheme** Drama. (2024, 12, 84min) ★★
1.00 AM **Campfire Romance** Comedy. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **Girlfriendship** Comedy. (2022, PG, 84min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Bulldog Drummond's Peril** Adventure starring John Howard. (1938, b/w, U, 66min) ★★
7.20 **Lazybones** Romantic comedy. (1934, b/w, U, 70min) ★★
8.35 **The First Travelling Saleslady** Comedy Western with Ginger Rogers. (1956, U, 92min) ★★
10.25 **Be My Guest** Comedy drama starrring David Hemmings. (1964, U, 90min) ★★

12.05 PM **White Cradle Inn** Drama. (1947, b/w, PG, 80min) ★★★
1.45 **What the Butler Saw** Comedy. (1950, b/w, U, 61 min) ★★★
3.00 **Crown Court**
4.30 **Enemy at the Door** 7/13. (S1)
5.35 **The Long Memory** Thriller. (1952, b/w, PG, 97min) ★★★
7.35 **Look at Life**
8.00 **The Brothers** 10/13. (S3)
9.05 **Van der Valk** 8/12. (S3)
10.10 **Margery and Gladys** One-off comedy starring Penelope Keith, June Brown and Alan David.

12.10 AM **The Groundstar Conspiracy** Sci-fi espionage thriller. (1972, 15, 96min) ★★★
2.05 **Wish You Were Here** Drama. (1987, 15, 92min) ★★★
3.50 **Second Chorus** Musical. (1940, b/w, U, 82min) ★★
5.35 **to 6.00** AM **Canal Capers**

Thursday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **The Football Show**
12.00 NOON **LIVE DP World Tour Golf** Coverage of day one of the D+D Real Czech Masters from PGA National OAKS Prague.
2.30 PM **LIVE The Hundred Birmingham Phoenix v Manchester Originals.** Coverage of the women's match from Edgbaston in Birmingham. Start-time **3.00pm**.
6.00 **LIVE The Hundred Birmingham Phoenix v Manchester Originals.** Coverage of the men's match at Edgbaston, Birmingham. Start-time **6.30pm**.
9.30 **LIVE PGA Tour Golf** Coverage of day one of the FedEx St Jude Championship at TPC Southwind in Memphis, Tennessee.
11.00 **LIVE WTA & ATP Tennis** Coverage of day three of the Cincinnati Open, at Lindner Family Tennis Centre in Mason, Ohio.
12.00 M'T **LIVE WTA & ATP Tennis** Further coverage of day three of the Cincinnati Open.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Stories**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Retro** Action from Arsenal and Leeds United from 2003.
5.00 **PL Best Goals 10/11** Great strikes from the 2010/11 season.
6.00 **PL 100: Thierry Henry** An interview with the Arsenal legend.
6.30 **Premier League 100 Club** The best of Andy Cole's 187 goals.
7.00 **The Big Interview** With a Premier League star of the past or present.
7.30 **Premier League Stories** Behind the scenes of the Premier League.
8.00 **Gary Neville's Soccerbox**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Class of '92: Full Time**
1.00 AM **PL Retro** Arsenal v Manchester United from 1997.
3.00 **PL Greatest Games**
4.00 **PL Best Goals 11/12**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **1983: When Aberdeen Ruled Europe** The story of the greatest year in the history of Aberdeen.
9.00 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Goals: EFL Cup 2021-22**
11.30 **EFL Trophy Football**
12.00 NOON **EFL Cup**
2.00 PM **EFL Highlights**
2.30 **Scottish Premiership Round-Up** The opening round.
2.45 **SPFL Highlights**
3.00 **EFL Cup Highlights**
4.00 **EFL Highlights**
4.30 **Scottish Premiership Round-Up** The opening round.
4.45 **SPFL Highlights**
5.00 **EFL Cup Highlights**
6.00 **Bundesliga Weekly**
6.30 **Bundesliga Clubs**
8.00 **EFL Highlights**
8.30 **Scottish Premiership Round-Up**
8.45 **SPFL Highlights**
9.00 **EFL Cup Highlights**
10.00 **Bundesliga Clubs**
11.30 **EFL Greatest Games**
12.00 M'T **Henrik Larsson: 20 Years On**
1.00 AM **SPFL Special: Celtic's Invincibles**
2.00 **to 6.00** AM **SPFL Highlights**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **The Hundred** Trent Rockets Women v Oval Invincibles Women. **9.30** Action from Trent Rockets Men v Oval Invincibles Men.
1.00 PM **The Hundred Bitesize** Back-to-back editions, including at: **2.15** Action from Trent Rockets Women v Oval Invincibles Women.
2.30 **LIVE The Hundred Birmingham Phoenix v Manchester Originals.** Coverage of the women's match at Edgbaston, Birmingham. Start-time **3.00pm**.
6.00 **LIVE The Hundred Birmingham Phoenix v Manchester Originals.** Coverage of the men's match at Edgbaston, Birmingham. Start-time **6.30pm**.
9.30 **The Hundred Bitesize** Brief highlights of Birmingham Phoenix Men v Manchester Originals Men. **9.45** Birmingham Phoenix Women v Manchester Originals Women.
10.00 **The Hundred** Action from Birmingham Phoenix Women v Manchester Originals Women. **1.30** AM Birmingham Phoenix Men v Manchester Originals Men.
5.00 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 515 505 423 443

6.00 AM **PGA Tour Golf**
7.00 **European Challenge Tour Golf**
7.30 **PGA Tour: The Cut**
8.00 **PGA Tour Champions**
9.00 **European Challenge Tour Golf**
9.30 **PGA Tour: The Cut**
10.00 **PGA Tour Champions Learning Centre** Hints and tips.
10.30 **Christo Lamprecht: Tall Order**
10.45 **PGA Tour Golf**
12.00 NOON **LIVE DP World Tour Golf** Coverage of day one of the D+D Real Czech Masters.
5.00 PM **LIVE PGA Tour Golf** The early stages of day one of the FedEx St Jude Championship.
7.00 **LIVE PGA Tour Golf** Day one of the FedEx St Jude Championship.
11.00 **Hall or Nothing: Georgia's Story**
12.00 M'T **PGA Tour Champions**
1.00 AM **Nick Dougherty's Tee Time Tips** Expert advice.
2.00 **PGA Tour Golf**
3.00 **The Players Championship Official Film**
4.00 **PGA Tour Golf**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **Tennis** A review of the women's Mutua Madrid Open. **6.30** Action from the WTA Canadian Open in Toronto. **7.00** Action from the ATP Canadian Open in Montreal.
8.00 **Tennis** The Cincinnati Open.
4.00 PM **LIVE WTA & ATP Tennis** Coverage of day three of the Cincinnati Open at Lindner Family Tennis Centre in Mason, Ohio.
4.00 AM **US Open Classic Matches**
4.15 **Billie Jean King: My Story**
4.30 **US Open Tennis**
4.45 **US Open Classic Matches**
5.00 **to 6.00** AM **Tennis**

Sky Sports Mix

416 873 510 429 449

6.00 AM **NFL Highlights**
8.00 **Fight Night**
10.00 **PGA Tour Champions**
11.00 **Tennis** Highlights from Canada.
1.00 PM **The Hundred Bitesize**
2.00 **Formula 1** Spanish Grand Prix.
3.00 **LIVE Ladies European Tour Golf** Coverage of day one of the Women's Scottish Open at Dundonald Links in Ayrshire.
7.00 **Tennis** Action from the ATP Canadian Open final in Montreal. **8.00** Action from the WTA Canadian Open final in Toronto.
9.00 **The Hundred Bitesize**
10.00 **The Hundred**
1.30 AM **Tennis**
3.00 **NFL Highlights**
4.00 **to 6.00** AM **Top Rank Boxing Archive**

TNT Sports 1

410 870 527 408 430

6.00 AM **The FA Futsal Women's Super Series** Action from London Helvecia v Bolton Futsal.
7.00 **The FA Futsal Series One**
8.00 **UEFA Super Cup** Action from Real Madrid v Atalanta.
9.30 **Pre-Season Football** Tottenham Hotspur v Bayern Munich.
10.30 **UEFA Champions League Greatest Nights**
11.30 **Premier League Review**
12.30 PM **Test Cricket Highlights** West Indies v South Africa: A review of the first Test in the two-match series at Queen's Park.
2.30 **LIVE Test Cricket West Indies v South Africa.** Coverage of day one of the second Test in the two-match series from Guyana National Stadium in Providence.
11.00 **TNT Sports Cricket Reload**
11.30 **LIVE MLB Philadelphia Phillies v Washington Nationals.** Coverage of the National League East match at Citizens Bank Park. Start-time **11.40pm**.
2.45 AM **MLB: Off the Bat**
3.15 **MLB Plays of the Week**
3.45 **What I Wore** Ellen White.
4.00 **What Went Down**
5.00 **to 6.00** AM **The Football's On**

TNT Sports 2

411 871 528 409 431

6.00 AM **West Indies v England – Cricket Classics**
7.00 **Test Cricket Highlights** Action from West Indies v South Africa.
9.00 **Fishing: On the Bank**
10.00 **What I Wore** Patrick Vieira.
10.30 **The Jake Dixon Diaries**
12.00 NOON **MotoGP Highlights**
4.00 PM **UEFA Super Cup** Action from Real Madrid v Atalanta.
5.30 **MLB Highlights**
6.30 **MLB: Off the Bat**
7.00 **LIVE MLB Milwaukee Brewers v Los Angeles Dodgers.** Coverage of the National League match taking place at American Family Field. Start-time **7.10pm**.
10.15 **Premier League: Big Interview** An interview with a Premier League star of the past or present.
10.45 **Football Is for Everyone: With Michael Owen** Michael Owen and his son James explore the world of partially sighted football.
12.30 AM **WSL Challenger Tour**
1.30 **Fight Night Live** Hamzah Sheeraz v Liam Williams. **3.30** Action from Nathan Heaney v Brad Pauls.
5.30 **to 6.00** AM **Badminton Unlimited**

TNT Sports 3

417 874 529 410 432

6.00 AM **T20 Cricket Highlights**
11.00 **Ultimate Pool**
12.30 PM **What I Wore** Peter Crouch describes his passion for football.
1.00 **Premier League Review** A look back at the best goals of the 2023/24 Premier League season.
7.00 **Premier League Preview** A look ahead to the 2024/25 Premier League season.
8.00 **Premier League Stories** A look at officiating at the highest level.
8.30 **TNT Sports Reload** The best bits from TNT Sports over the last week.
9.00 **WSL Challenger Tour** Action from the US Open of Surfing Finals at Huntington Beach.
10.00 **UFC: The Ultimate Fighter** Following MMA fighters as they train and compete against each other for a contract with the UFC.
11.00 **UFC Countdown** A look ahead to the upcoming UFC 305 action at RAC Arena in Perth, Australia.
12.00 M'T **UFC** Action from Marcin Tybura v Serghei Spivac.
3.00 AM **Fight Week**
3.45 **Tom Aspinall's Fight Lab**
4.30 **UFC: The Ultimate Fighter**
5.30 **to 6.00** AM **Premier League Legends**

Sky Sports Action

408 517 507 426 446

6.00 AM **Fight Night International**
7.00 **Fight Night** Buatsi v Azeez.
8.00 **NFL Highlights**
9.00 **Fight Night International**
10.00 **Super League Highlights**
10.15 **My Icon** Shaun Gayle.
10.35 **Super League Highlights**
10.50 **LIVE NRL Penrith Panthers v Melbourne Storm.** Coverage of the match from the 24th round of fixtures at the BlueBet Stadium. Kick-off **10.50am**.
12.50 PM **My Icon** Michael Holding.
1.00 **Good Morning Football**
3.00 **Fight Night International**
4.00 **NFL Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Highlights** Action frpm New York Jets v Los Angeles Chargers.
9.00 **NFL Hard Knocks: Bears**
10.00 **NFL Bitesize Highlights** Denver Broncos v Minnesota Vikings. **10.15** Action from San Francisco 49ers v Tampa Bay Buccaneers.
10.30 **NFL Highlights**
11.30 **NFL Bitesize Highlights**
12.00 M'T **NFL Hard Knocks: Bears**
1.00 AM **NBC's Pro-Football Talk**
3.00 **NFL Bitesize Highlights**
5.00 **to 6.00** AM **Fight Night International**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
11.00 **Memories of Senna**
11.30 **The F1 Show**
12.30 PM **Formula 1** The Spanish Grand Prix qualifying session.
2.30 **Ferrari in the Desert**
2.55 **Spanish GP Fan Festival**
3.00 **Formula 1** Build-up to the Spanish Grand Prix. **4.25** The Spanish Grand Prix. **6.50** Reaction and analysis from the Spanish Grand Prix.
7.50 **Gasly's Contract Extension**
8.00 **Formula 1** Spanish Grand Prix.
11.15 **Bernie's Back in Belfast**
11.40 **Season So Far – Canada**
11.45 **Formula 1** Season highlights.
12.00 M'T **Formula 1** Spanish Grand Prix.
1.00 **to 6.00** AM **The Home of F1**

TNT Sports 4

421 876 530 411 434

6.00 AM **MLB Highlights**
7.00 **NWSL** Triple bill of action.
10.00 **MLB Highlights**
11.00 **NWSL** Double bill of action.
1.00 PM **MLB Highlights**
2.00 **NWSL** Action from Chicago Red Stars v Houston Dash.
3.00 **MLB Plays of the Week** The most exciting plays of the week.
3.30 **Ultimate Pool** Action from Group 9 of the Ultimate Pool Pairs Cup.
5.00 **WWE Friday Night SmackDown** Wrestling action.
6.30 **WWE Monday Night Raw**
9.00 **UEFA Champions League Road To Glory** Liverpool's 2005 UEFA Champions League success.
10.00 **Ultimate Pool** Action from Group 9 of the Ultimate Pool Pairs Cup.
11.30 **Fishing: On the Bank**
12.30 AM **West Indies v England – Cricket Classics**
2.30 **O Arise, All You Sons**
3.30 **TNT Sports Cricket Reload**
4.00 **to 6.00** AM **MLB Classic**

Eurosport 1

413 868 521 412 435

6.30 AM **Tour de France: Breakaway**
7.00 **Olympic Games Paris 2024: Best of Team GB**
9.00 **Cycling**
12.00 NOON **Tour de France...**
12.30 PM **LIVE Cycling: Tour de France Femmes** Stage five, featuring a route of 152.5km.
3.30 **LIVE Cycling: Tour of Denmark** Stage two, a 231.3km route from Ringkøbing to Vejle.
4.45 **Cycling**
5.00 **Olympic Games Paris 2024: Best of Team GB**
7.00 **Cycling**
9.00 **Tour de France: Breakaway**
9.30 **Olympic Games Paris 2024: Best of Team GB**
11.30 **Cycling**
12.30 AM **Tour de France: Breakaway**
1.00 **Cycling**
3.00 **Tour de France: Breakaway**
3.30 **British Speedway**
4.30 **Speedway Grand Prix**
5.30 **to 6.30** AM **Cycling**

Eurosport 2

414 869 522 413 436

6.30 AM **Speedway Grand Prix**
7.30 **Cycling: Tour de France Femmes**
8.30 **Tour de France: Breakaway**
9.00 **Porsche Supercup**
10.00 **Motocross World Championship**
12.00 NOON **Olympic Games Paris 2024: Best of Team GB**
2.00 PM **British Superbikes**
3.00 **British Superbikes Extra**
4.00 **Speedway Grand Prix**
6.00 **Ultra Trail: World Tour**
7.00 **Olympic Games Paris 2024: Best of Team GB**
9.00 **Porsche Supercup**
10.00 **Cycling: Tour de France Femmes**
11.00 **Tour de France: Breakaway**
11.30 **Discovery Golf**
12.00 M'T **Speedway Grand Prix**
2.00 AM **Olympic Games Paris 2024: Best of Team GB**
4.00 **Cycling: Tour de France Femmes**
5.00 **Tour de France: Breakaway**
5.30 **to 6.30** AM **Speedway Grand Prix**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers** The latest football transfer news.
10.00 **The Football Show**
12.00 NOON **Transfer Talk**
1.00 PM **LIVE PGA Tour Golf** Coverage of the early stages of day one of the FedEx St Jude Championship at TPC Southwind in Memphis, Tennessee.
3.00 **LIVE Ladies European Tour Golf** Coverage of day one of the Women's Scottish Open at Dundonald Links in Ayrshire.
7.00 **LIVE WTA & ATP Tennis** Coverage of day three of the Cincinnati Open, a hard court tournament at Lindner Family Tennis Centre in Mason, Ohio.
12.00 M'T **LIVE WTA & ATP Tennis** Further coverage of day three of the Cincinnati Open, at Lindner Family Tennis Centre in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports News**

SKY HD SD VIRGIN HD EE HD

Friday

16 August

Evening Planner

Football

Premier League
Sky Sports Main Event & Sky Sport PL, kick-off 8pm
The English top-flight kicks off tonight with Man United entertaining Fulham.

Horror Thriller

Arcadian
Sky Premiere, 8pm
Nicolas Cage plays the father of twin boys trying to survive in a post-apocalyptic world where monstrous creatures roam.

Drama

Hostage
More4, 9pm
This Swedish drama centres on a plane that has been hijacked remotely and will be blown up if demands are not met.

OnDemand

NETFLIX

The Union
Available today
The simple life of Mark Wahlberg's construction worker is disrupted by the unexpected return of his high-school sweetheart.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 Our Lives: Two...	8.00 David & Jay's...	8.30 Would I Lie to...	9.00 Celebrity...	9.30 Daddy Issues	10.00 News; Local News	
102 BBC2	7.00 Iolo's Valleys	7.30 Beechgrove...	8.00 Gardeners' World		9.00 Miriam Margolyes: A New Australian...		10.00 Rev	10.30 Newsnight
103 ITV1	◂ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 Champions: Full Gallop		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Celebrity PopMaster TV		9.00 8 Out of 10 Cats Does Countdown		10.00 Sarah Millican: Bobby Dazzler	
105 CHANNEL 5	7.00 Motorway Cops: Catching Britain's...		8.00 Rescue 999: Seconds to Save a Life		9.00 Terror at 30,000 Feet		10.00 When TV Stars Go Horribly Wrong	
106 SKY SHOWCASE	7.00 The Simpsons				9.00 A League of Their Own Road Trip...		10.00 Mr Bigstuff	10.30 Kevin Hart...
ENTERTAINMENT								
115 BBC3	7.00 Top Gear		8.00 Shark Tank: Dragons' Den...	8.45 The Fast and...	9.15 My Insta Scammer Friend		10.00 The Golden...	10.30 Film: People...
116 BBC4	7.00 TOTP: 1988	7.30 TOTP: 1990	8.00 Modern Movie Soundtracks at the Proms			9.50 Woodstock: Three Days That Defined a...		
118 ITV2	7.00 Ant & Dec's Limitless Win		8.00 Bob's Burgers		9.00 Film: Pitch Perfect 2			
136 MORE4	◂ 6.55 Car S.O.S.	7.55 Grand Designs			9.00 Hostage			
135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 Below Deck Adventure		9.00 Celebrity Gogglebox		10.00 Film: Infinite	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 Law & Order: Special Victims Unit			
108 SKY ATLANTIC	◂ 6.50 Westworld	7.55 Game of Thrones			9.00 Euphoria		10.05 Mare of Easttown	
110 GOLD	◂ 6.50 Dad's Army		8.00 dinnerladies	8.40 Only Fools and Horses				10.30 Not Going Out
111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
119 ITV3	7.00 Heartbeat		8.00 Doc Martin				10.05 Cracker	
120 ITV4	7.00 World Series of Darts: New Zealand Masters							
112 COMEDY CENTRAL	7.00 Friends				9.00 Al Murray: Beautiful British Tour...		10.00 Jimmy Carr: Making People Laugh	
139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Britannia			
113 SKY MAX	7.00 Stargate SG-1		8.00 A Discovery of Witches		9.00 A League of Their Own Road Trip...		10.00 Mr Bigstuff	10.30 The Walking...
109 ALIBI	7.00 Elementary		8.00 Death in Paradise		9.00 Beyond Paradise			10.20 Death in Paradise
130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Discovering	8.30 Jimi Hendrix at Woodstock		9.45 Hendrix: Band of Gypsys		
132 U&W	7.00 MasterChef Australia			8.30 Inside the Ambulance		9.30 999 Rescue Squad		10.30 Inside the...
DOCUMENTARY								
125 DISCOVERY	7.00 Gold Rush: Mine Rescue with Freddy...		8.00 Wheeler Dealers		9.00 Expedition Unknown		10.00 Alien Encounters: Fact or Fiction	
162 ANIMAL PLANET	7.00 Crikey! It's the Irwins		8.00 I'm Alive		9.00 I Was Prey		10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Engineering New York Super Airport		9.00 Airport Security: Rome		10.00 Border Protection Spain	
123 SKY HISTORY	7.00 Forged in Fire Armed Forces...		8.00 Auction Kings		9.00 Storage Wars		10.00 Pawn Stars Do America	
155 U&YESTERDAY	7.00 Find It, Fix It, Flog It		8.00 Jay's Yorkshire Workshop		9.00 Secrets of the London Underground		10.00 Bangers & Cash	
121 SKY DOCS	7.00 Urban Secrets		8.00 The Body Next Door		9.00 Elvis Presley: The Searcher			
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.10 What Happens Later		8.00 Arcadian			9.45 Jericho Ridge		
302 ADVENTURE	7.15 Hulk					9.35 RoboCop 3		
303 BLOCKBUSTERS	◂ 6.25 PAW Patrol: The Mighty Movie		8.00 Minority Report					10.30 Justice League
304 NICOLAS CAGE	◂ 6.10 Arcadian		8.00 Renfield			9.50 Lord of War		
305 ANIMATION	◂ 5.50 10 Lives	7.25 Happy Feet Two			9.10 Moomins and the Winter Wonderland			
306 FAMILY	◂ 5.50 Goosebumps 2...	7.35 Harriet the Spy				9.30 Swallows and Amazons		
307 ACTION	◂ 6.00 The Bricklayer		8.00 The Dark Knight Rises					
308 COMEDY	◂ 6.10 Bill & Ted's Bogus Journey		8.00 The First Wives Club			9.50 Hitch		
309 THRILLER	◂ 6.25 Dead Shot		8.00 Ocean's Twelve				10.10 Dangerous Waters	
310 DRAMA	◂ 5.55 Jarhead		8.00 Eternal Sunshine of the Spotless Mind			9.50 The Holiday		
311 SCI-FI	◂ 5.50 Back to the Future		8.00 Interstellar					
313 FILM4	◂ 6.15 Close Encounters of the Third Kind				9.00 Alien: Covenant			
SPORT								
401 MAIN EVENT	◂ 6.30 FNF – Live: Manchester United v Fulham (Kick-off 8.00)							
402 PREMIER LEAGUE	◂ 6.30 FNF – Live: Manchester United v Fulham (Kick-off 8.00)							
403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Coventry City v Oxford United (Kick-off 8.00)						10.30 EFL Cup...
404 CRICKET	◂ 6.15 The Hundred						10.15 The Hundred Bitesize	
410 TNT SPORTS 1	◂ 2.30 Test Cricket – Live: West Indies v South Africa							
411 TNT SPORTS 2	7.00 MLB – Live: Cincinnati Reds v Kansas City Royals						10.15 MLB: Off the Bat	

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition 5/10. Megan McCubbin finds out if you can teach an old pig new tricks. (S)
10.15 **Countryfile Treasures** (S)(R)
11.00 **Homes Under the Hammer** (S)(R)
12.00 NOON **Bargain Hunt** (S)(R)(AD)
1.00 PM **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Money for Nothing** (S)(R)
3.00 **Escape to the Country** A couple from Brighton with a £400,000 budget hope to move to Fife. (S)(R)
3.45 **The Repair Shop** The team restore items including a sailor doll and a mid-century camera. (S)(R)(AD)
4.30 **The Finish Line** (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 Our Lives: Two Sisters, One Goal

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp. host the topical show. (S)
7.30 NEW SERIES **Our Lives: Two Sisters, One Goal** The documentary strand returns with a film about a charity football match. (S)(AD)

8 PM

8.00 **David & Jay's Touring Toolshed** David Jason and Jay Blades meet talented crafters. (S)(R)
8.30 **Would I Lie to You?** With guest panellists Jack Carroll, Bridget Christie, Gabby Logan and Big Zuu. (S)(R)

9 PM

9.00 **Celebrity MasterChef** New edition 3/18. The remaining celebrities hope for a place in the semi-finals. (S)(AD)
9.30 NEW TO BBC1 **Daddy Issues** 1/6. Comedy starring Aimee Lou Wood and David Morrissey. *Previously on BBC3*. (S1) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 FILM **Braveheart** Oscar-winning 13th Century-set historical drama directed by and starring Mel Gibson. The Scottish king has died without an heir and so King Edward I of England has claimed the throne – but a Scottish champion emerges in William Wallace, who becomes the leader of an army after his wife is murdered by English soldiers. Also stars Sophie Marceau and Patrick McGoohan. (S)(AD) (1995, 15, 165min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.15 AM **Animal Park** (S)(R)(AD)
7.00 **Homes Under the Hammer** (S)(R)
8.00 **Sign Zone: Dr Xand's Con or Cure**
8.30 **Sign Zone: Big Little Crimes**(R)
9.00 **BBC News** (S)
1.00 PM **Head Hunters** (S)(R)
1.45 **Catchpoint** (S)(R)
2.15 **A Countryside Summer** (S)(R)(AD)
2.45 **Spy in the Wild** (S)(R)(AD)
3.45 **B&B by the Sea** (S)(R)
4.15 **Cornwall: This Fishing Life** A new development threatens the future of the fishermen of Hayle. (S)(R)
5.15 **Flog It!** From Newcastle. (S)(R)
6.00 **Robson Green's Weekend Escapes** Robson and crime author LJ Ross explore Holy Island in Northumberland. (S)(R)(AD)
6.30 **Great Asian Railway Journeys** Michael Portillo travels from Da Nang to Hoi An. (S)(R)(AD)

9.00 Miriam Margolyes...

7 PM

7.00 **Iolo's Valleys** New edition 2/4. Iolo Williams explores the valleys inland from Port Talbot in south Wales. (S)
7.30 **Beechgrove Garden** New edition A look at plants that could be added to ponds or water features. (S)

8 PM

8.00 **Gardeners' World** New edition Monty Don offers tips for filling gaps in the summer borders, and Rachel de Thame explores a garden in Devon which has been transformed from a pig farm into a colourful paradise. (S)

9 PM

9.00 **Miriam Margolyes: A New Australian Adventure** Series finale 3/3. Miriam heads to the Outback town of Broken Hill and learns how people creatively reinvent themselves in communities that are built on traditions. (S)(AD)

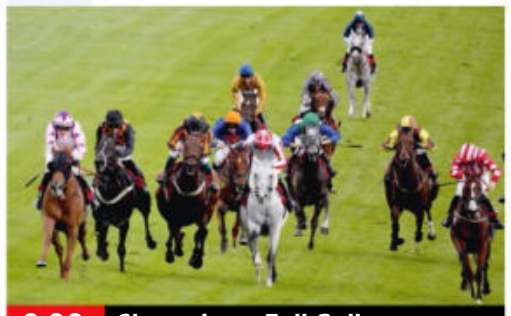
10 PM

10.00 **Rev** Debut episode of the comedy about a London vicar starring Tom Hollander. The cleric struggles with a sudden influx of worshippers. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 FILM **Moon** Sci-fi thriller starring Sam Rockwell. A solitary astronaut on a lunar mining base begins to question his sanity. (S)(AD) (2009, 15, 90min) ★★★★
12.35 AM **Sign Zone: Murder Trial: The Disappearance of Renee and Andrew MacRae** 1/2. (S)(R)(AD)
1.35 **Sign Zone: Panorama: The Nottingham Attacks** (S)(R)
2.05 **Sign Zone: Spent** (S)(R)(AD)
2.35 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** Presenter David Dickinson is in Wolverhampton with dealers Karen Dalmeny, James Layte, Mark Stevens and Fay Rutter. (S)(R)(AD)
3.00 **Tenable** Warwick Davis hosts as five family members from Ipswich take part in the quiz. (S)(R)
4.00 **Tipping Point** Quiz show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Game show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)



9.00 Champions: Full Gallop

7 PM

7.30 **Emmerdale** Aaron is happy to see Vinny finally moving on from Liv, and Charity is furious to find Sarah has been drinking. (S)(AD)

8 PM

8.00 **Coronation Street** Joel's ex sets alarm bells ringing for Dee-Dee, Mason encourages Betsy to report the man behind her bruises, and Tracy is unimpressed to find Cassie caring for Ken. (S)(AD)

9 PM

9.00 **Champions: Full Gallop** New edition 5/6. Cameras focus on the Grand National, and the million-pound prize pot which draws a field of 34 riders and horses for a shot at glory at Aintree. (S)(AD)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **Spy** Comedy adventure starring Melissa McCarthy and Jason Statham. A desk-duty CIA agent goes into action for the first time to battle a ruthless arms dealer and avert a global catastrophe. (S)(AD) (2015, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.45 AM **Teleshopping**
3.00 **Love & Death** *Do No Evil:* 4/7. Allan grows concerned when his repeated calls to Betty go unanswered. (S1) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jimmy & Shivi's Farmhouse Breakfast** (S)(SL)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.20 AM **Cheers** 21&22/26. (S5) (S)(R)
7.10 **Everybody Loves Raymond** (S)(R)
9.00 **Frasier** 21-24/24. (S9) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)(AD)
12.00 NOON **News** (S)
12.05 PM **Paris 2024 Paralympics: Meet the Athletes** (S)(R)(AD)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **The Great House Giveaway** (S)(R)
5.00 **A New Life in the Sun: Where Are They Now?** New edition Craft brewery owners Simon and Rebecca decide to sink their savings into a new taproom. (S)
6.00 **Come Dine with Me** (S)(R)
6.30 **The Simpsons** *Exit Through the Kwik-E-Mart:* Bart's graffiti impresses a group of artists. (S)(R)

9.00 8 Out of 10 Cats...

7 PM

7.00 **News** (S)

8 PM

8.00 **Celebrity PopMaster TV** Presenter Ken Bruce hosts the second of two celebrity editions of the music quiz. Nikki Fox, Gareth Malone, Nish Kumar Jean Johansson and Claire Richards take part. (S)(R)

9 PM

9.00 **8 Out of 10 Cats Does Countdown** Series finale 5/5. Jonathan Ross and Maisie Adam take on Richard Ayoade and Kemah Bob in the comedy panel show, while Sarah Keyworth helps out in Dictionary Corner. (S)

10 PM

10.00 **Sarah Millican: Bobby Dazzler** A stand-up special in which the north-east comedian talks about the best way to eat a kiwi fruit and the experience of undergoing a smear test. (S)(R)
11.05 **Gogglebox: 10 Year Anniversary Special** Highlights show. (S)(R)
12.35 AM **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(R)
1.20 **Paris 2024 Paralympics: Meet the Athletes** (S)(SL)(R)(AD)
1.25 FILM **Snatched** Comedy with Amy Schumer. (S) (2017, 15, 95min) ★★
3.00 **Ramsay's Kitchen Nightmares USA** Catch-up edition. (S)(R)
3.50 **Jamie's Comfort Food** (S)(R)
4.00 **to 6.05** AM **Come Dine with Me**

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S2) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **Crossword Mysteries: Riddle Me Dead** Crime drama starring Brennan Elliott, Lacey Chabert and Barbara Niven. (S)(R)
4.00 **The Cruise: Fun-Loving Brits at Sea** The travellers sail across the Barbara Niven from Naples to Barcelona. (S)(R)(AD)
5.00 **News** (S)
6.00 **World's Most Scenic Railway Journeys** Cameras follow the Neapolitan Line in Italy, travelling west from Pescara down to the bustling city of Naples. (S)(R)
6.55 **News** (S)

8.00 Rescue 999

7.00 **Motorway Cops: Catching Britain's Speeders** Police officers in Warrington are on the hunt for an uninsured driver who might be drunk. (S)(R)
7.55 **News** (S)
8.00 NEW SERIES **Rescue 999: Seconds to Save a Life** 1/6. Documentary following UK rescue teams, beginning with Killin Mountain Rescue volunteers in the Scottish Highlands as they search for a stranded hiker. (S)
9.00 **Terror at 30,000 Feet** New edition A look at the case of a packed summer holiday flight from Heathrow to Valencia in Spain which descended into chaos when toxic smoke poured into the cabin and cockpit. (S)
10.00 **When TV Stars Go Horribly Wrong** Jennifer Ellison narrates a compilation of moments that soap stars would rather forget, with clips featuring Katie Jarvis, Jack P Shepherd and Martine McCutcheon. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **World's Most Scenic Railway Journeys** A trip through the Peak District at full steam. (S)(R)
3.50 **Building Britain's Canals** Dan Jones navigates the Leeds and Liverpool Canal. (S)(SL)(R)
4.40 **House Busters** (S)(SL)(R)
5.05 **House Doctor** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (R)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S)(R)
1.00 PM **Magnum P.I.** (S)(R)(AD)
3.00 **Hawaii Five-0** (S8) (S)(R)
4.00 **S.W.A.T.** 10/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** *The Trouble with Trillions:* Homer is forced to help the government nail Mr Burns for theft. (S)(R) **5.30** *Realty Bites:* Marge takes a job as an estate agent. (S)(R)
6.00 **The Office (US)** 24/26. Michael begins to think that Donna is cheating. (S)(R) **6.30** 15/26. Angela and Dwight hire a mediator to settle their pre-natal contract. (S6) (S)(R)

9.00 A League of Their Own...

7.00 **The Simpsons** *Girly Edition:* Bart and Lisa begin co-hosting a kids' news programme. (S)(R) **7.30** *Trash of the Titans:* Homer is appointed Springfield's new sanitation commissioner. (S)(R)
8.00 **The Simpsons** *King of the Hill:* Two executives hire Homer to climb a treacherous mountain. (S)(R) **8.30** *Lost Our Lisa:* Lisa gets lost en route to the museum and ends up in an unfamiliar part of Springfield. (S)(R)
9.00 **A League of Their Own Road Trip: Southeast Asia** 3/6. Jamie Redknapp and Micah Richards take on more sporting and cultural challenges, and are joined by guests Maisie Adam and Mo Gilligan. (S)(R)(AD)
10.00 **Mr Bigstuff** 6/6. Glen and Kirsty discover that their wedding fund is now empty. (S1) (S)(R)(AD)
10.30 **Kevin Hart: Reality Check** The comedian returns for a stand-up special at Resort World in Las Vegas. (S)(R)
11.50 **The Force: Manchester** Officers raid a cannabis farm and police are called to a fight in a pub car park. (S)(R)
12.45 AM **Brit Cops: Frontline Crime UK** The work of police officers in Devon and Cornwall. (S)(R)
1.40 **Road Wars** Double bill. (S)(R)
3.05 **Hawaii Five-0** (S8) (S)(R)
4.00 **S.W.A.T.** (S6) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
8.00pm Amy Dowden's Dare to Dance (S)(R) **8.30-9.00** Kiri's TV Flashback (S)(R) **10.40** The Golden Cobra New episodes Double bill. (S) **11.05** FILM Braveheart (S) (AD) (1995, 15, 165min) ★★★★ **1.50-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
7.30-8.00pm Weatherman Walking: The Welsh Coast (S)(R)

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Coast & Country New edition (S)

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Dau Gi Bach (AD) **12.30** Heno New edition **1.00** Gweinidog Iechyd Mewn Pandemig **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion S4C a'r Tywydd **3.05** Cynefin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Sioe Fwyd (AD) **6.30** Garddio a Mwy **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Canu gyda Fy Arwr **8.55** Newyddion S4C a'r Tywydd **9.00** Lwp: Maes B '24 **10.00** Tisho Fforc? **10.30-11.35pm** Wrecsam – Clwb Ni!

TV&Satellite week
New issue on sale now

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Jeremy drives the Jaguar F-Type.
8.00 **Shark Tank: Dragons' Den US** New edition Featuring a modern dental tool used for oral care.
8.40 **The Catch Up**
8.45 **The Fast and the Farmer-ish** The Grand Final.
9.15 **My Insta Scammer Friend** The story of infamous influencer Caroline Calloway.
10.00 NEW SERIES **The Golden Cobra** 1/8. Animated comedy set in a takeaway. **10.15** New episode 2/8. Rhys falls out with the hardest boy in school. (S1)
10.30 FILM **People Just Do Nothing: Big in Japan** Comedy spin-off with Allan Mustafa and Asim Chaudhry. (2021, 15, 97min) ★★★
12.00 M'T **My Insta Scammer Friend** As shown at 9.15pm.
12.45 AM **The Golden Cobra**
1.15 **Man Like Mobeen**
2.00 **Juice** 3&4/6. (S1)
2.50 **Lazy Susan**
3.05 **to 3.55** AM **Daddy Issues**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1988** Performances by Kylie Minogue, Van Halen and Big Country from August 1988.
7.30 **TOTP: 1990** Performances by Go West, The KLF and Roxette from August 1990.
8.00 NEW **Modern Movie Soundtracks at the Proms** The London Contemporary Orchestra performs contemporary film soundtracks at the Royal Albert Hall in London.
9.50 **Woodstock: Three Days That Defined a Generation** Memories of the 1969 concert at a small dairy farm in upstate New York that came to define a cultural revolution.
11.15 **Jimi Hendrix: The Road to Woodstock** From 1969.
12.15 AM **Sounds of the Sixties: The Folk Revival**
12.45 **Sounds of the Sixties: 1967-68 Hip to the Trip**
1.15 **TOTP: 1988**
1.45 **TOTP: 1990**
2.15 **to 3.15** AM **Jimi Hendrix: The Road to Woodstock**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions of the contest from Boston in Lincolnshire.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Chateau DIY** An old postcard inspires Janet and Philip to rebuild a lost turret.
6.55 **Car S.O.S** Tim and Fuzz set out get a 1974 Mk 1 Ford Capri back on the road.
7.55 **Grand Designs** A couple have decided to build a new home at the bottom of their garden, but cannot agree on any part of the design.
9.00 NEW SERIES **Hostage** 1/6. Swedish thriller starring Jonas Karlsson. A plane is hijacked while travelling between Stockholm and San Francisco. Subtitled. **10.00** New episode 2/6. Alex convinces his son to turn the plane around. (S1)
11.00 **24 Hours in A&E** Emergency care nurse Tim describes the impact his GP father had on his life..
12.05 AM **Paris Paralympics: Meet the Athletes**
12.15 **24 Hours in A&E**
1.15 **Emergency Helicopter Medics** Documentary.
2.20 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 5-6/24. (S11)
2.00 PM **The Goldbergs**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** Years of pain gets too much for Frankie.
7.30 **Modern Family** 14/24. Claire and Phil dust off their Valentine alter-egos. (S6)
8.00 **Below Deck Adventure** New edition Nathan leads some of the ship's guests on an epic biking adventure.
9.00 **Celebrity Gogglebox** Famous faces appraise *The1% Club, Hijack* and *Antiques Roadshow*.
10.00 FILM **Infinite** Sci-fi thriller starring Mark Wahlberg and Chiwetel Ejiofor. A man experiencing memories of his past lives is recruited for a mission to save the human race. (2021, 12, 106min) ★★
12.05 AM FILM **Night School** Comedy starring Kevin Hart. (2018, 15, 111 min) ★★
2.15 **Brooklyn Nine-Nine**
3.05 **Below Deck Adventure**
3.55 **Modern Family**
4.45 **to 6.00** AM **The Neighborhood**

+1 hour 235/236 | 306 | 30 | 123

Friday primetime

FRIDAY Entertainment

Friday

Sky Witness

107 807 110 341 356

6.00 AM **Bondi Rescue**
7.00 **999 Frontline**
8.00 **Border Patrol**
9.00 **Highway Cops**
10.00 **Caught on Dashcam**
11.00 **Bull** 5/16. (S5)
12.00 NOON **The Rookie** 3/20. (S2)
1.00 PM **Chicago Fire** 7/22. Herrmann looks to fulfil a man's dying wish. (S11)
2.00 **The Equalizer** 4/10. McCall investigates the staged suicide of a community activist. (S1)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

9.00 Law & Order: SVU

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **The Equalizer** *The Milk Run:* 5/10. McCall attempts to find a British mathematician who has gone missing. (S1)

9 PM

9.00 **Law & Order: Special Victims Unit** *Bubble Wrap:* 18/22. A tycoon interferes with an investigation into her family. (S24)

10 PM

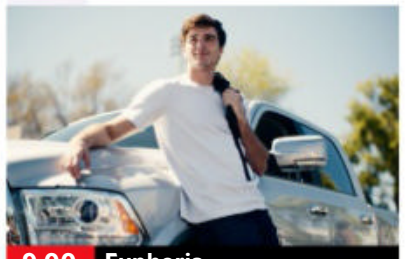
10.00 **Law & Order: Special Victims Unit** *Bend the Law:* 19/22. Maxwell's husband becomes a person of interest. (S24)
11.00 **Elsbeth** 4/10. Margo Clarke tries to hide the truth. (S1)
12.00 M'T **The Cleaning Lady** (S3)
1.00 AM **Coroner** 9/12. (S4)
2.00 **Bull** 11/22. (S6)
3.00 **The Good Doctor** 9/18. (S1)
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Bondi Rescue**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **The Guest Wing**
7.50 **Riviera** 8/8. (S3)
8.45 **Perry Mason** 1/8. (S1)
9.50 **Westworld** (S1)
12.10 PM **Game of Thrones** (S4)
1.20 **The Sopranos** (S2&3)
3.25 **Perry Mason** 2&3/8. (S1)
5.45 **Westworld** 3/10. Ford throws the park into disarray when he takes over its storylines himself. **6.50** 4/10. An increasingly self-aware Dolores finds help in the form of reluctant Westworld visitor William. (S1)


9.00 Euphoria

7.55 **Game of Thrones** *The Mountain and the Viper:* 8/10. Tyrion's fate is decided, while Littlefinger and Sansa are questioned about the circumstances surrounding Lysa. (S4)

9.00 **Euphoria** *Pilot:* 1/10. Rue's life takes a drastic turn when she meets newcomer Jules Vaughn, a transgender girl who feels just as lost as Rue. (S1)

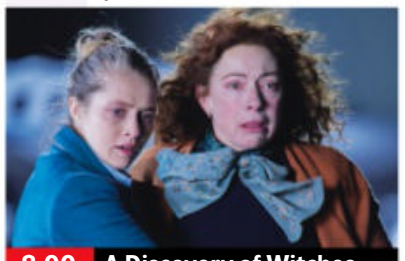
10.05 **Mare of Easttown** *Miss Lady Hawk Herself:* 1/7. Crime drama starring Kate Winslet. (S1)
11.10 **The Last of Us** 5/9. Kathleen continues her hunt. (S1)
12.20 AM **The Lovers** 1&2/6. (S1)
1.35 **The Leftovers** 8/8. Nora wishes to step into Dr Eden and Dr Bekker's machine. (S3)
2.50 **Game of Thrones** As 7.55pm.
4.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **DC's Legends of Tomorrow** 5/16. (S1)
7.00 **SEAL Team** 17/20. (S3)
8.00 **Supergirl** 13/20. (S1)
9.00 **Stargate SG-1** (S6)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 15/20. (S1)
1.00 PM **Magnum P.I.** (S4)
3.00 **Hawaii Five-0** 11/25. (S8)
4.00 **S.W.A.T.** 10/22. (S6)
5.00 **SEAL Team** 16/20. (S3)
6.00 **Stargate SG-1** 1/22. Dr Daniel Jackson returns and helps the team trap the Goa'uld system lord Anubis. (S7)


8.00 A Discovery of Witches

7.00 **Stargate SG-1** *Homecoming:* 2/22. Anubis prepares to attack Kelowna and steal the Naquadria. (S7)

8.00 **A Discovery of Witches** 6/7. After receiving Benjamin's message, Matthew leaves Sept-Tours to track him down. (S3)

9.00 **A League of Their Own Road Trip: Southeast Asia** 3/6. With Maisie Adam and Mo Gilligan.

10.00 **Mr Bigstuff** 6/6. Glen and Kirsty find their wedding fund is empty. (S1)
10.30 **The Walking Dead: Daryl Dixon** *Paris Sera Toujours Paris:* 3/6. Codron seeks help from the leader of a nationalist movement. (S1)
11.30 **The Walking Dead** (S6)
12.30 AM **The Force: Manchester**
1.30 **Road Wars** Double bill.
3.00 **Hawaii Five-0** 11/25. (S8)
4.00 **S.W.A.T.** 10/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.30 **Totally Bonkers Guinness World Records**
10.00 **Love Bites**
12.00 NOON **Dress to Impress**
1.00 PM **In for a Penny**
2.00 **Supermarket Sweep**
3.00 **Charmed** 13/22. (S2)
4.00 **Dawson's Creek** 12/23. Pacey gets a big opportunity. (S5)
5.00 **Dress to Impress**
6.00 **Celebrity Catchphrase** With contestants Tom Allen, Fleur East and Simon Gregson.

9.00 Pitch Perfect 2

7.00 **Ant & Dec's Limitless Win** Comedians Jimmy Carr and Katherine Ryan continue their climb up the money ladder.

8.00 **Bob's Burgers** 12/22. Bob and Gene almost get swept out to sea. **8.30** 13/22. Louise is accused of stealing. (S13)

9.00 **FILM Pitch Perfect 2** Comedy sequel starring Anna Kendrick. The Barden Bellas try to recover from a disastrous performance by winning the World Championships of A Cappella in Denmark. (2015, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Family Guy** (S13)
12.20 AM **American Dad!** (S9)
1.15 **Bob's Burgers** New episode 14/22. Tina tries to connect with cool teenagers who visit the restaurant. (S13)
1.45 **Deal or No Deal**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Wild at Heart**
10.20 **The Royal** *Best of Intentions.*
11.25 **Heartbeat** Double bill.
1.35 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.50 **A Touch of Frost** *True Confessions:* A woman's body is pulled from the river, reminding Frost of a previous case in which her husband figured.
6.00 **Heartbeat** *Ties That Bind:* Armed robbers target post offices around Aidensfield.

3.50 A Touch of Frost

7.00 **Heartbeat** *Deadlier Than the Male:* A domestic dispute gets out of hand, prompting Joe to play the peacemaker.

8.00 **Doc Martin** *Cats and Sharks:* 7/8. Bert struggles to come up with the money to repay two loan sharks. (S5)

9.00 **Doc Martin** *Ever After:* 8/8. Mrs Tishell decides she can no longer hide her love for Martin and takes drastic action. (S5)

10.05 **Cracker** *Brotherly Love – Part Three:* 3/7. Part three of three. David Harvey maintains his innocence. (S3)
11.05 **Cracker** *Best Boys – Part One:* 4/7. A lonely bachelor befriends a wayward teenager, and together they embark on a deadly relationship. (S3)
12.00 M'T **Wild at Heart** (S2)
1.45 AM **Bless This House**
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
8.00 **Island Crossings** Skipper Cubby Wilson goes creel fishing, and Ardrossan port assistant Debbie applies for a new job.
9.00 **NEW The Four Rules of the Poker Kings** Documentary following Scottish professional poker players Niall Farrell and David Docherty.
10.00 **Still Game** 6/6. Victor's attempt to gain sympathy by feigning illness backfires. (S3)
10.30 **Two Doors Down** 3/6. Cathy and Colin return from holiday to find their house has been burgled. (S3)
11.00 PM **to 12.00** M'T **TRNSMT 2024** New edition Featuring Sugababes, Blossoms, Declan McKenna, Liam Gallagher and Garbage.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Will & Grace** (S10)
9.00 **The Conners** (S3)
10.00 **Crashing** 7/8. (S1)
10.30 **Barry** 2&3/8. (S4)
11.45 **Young Rock** (S3)
12.45 PM **Insecure** (S2)
1.55 **Barry** 4&5/8. (S4)
3.15 **Young Rock** 13/13. (S3)
3.45 **Veep** 1/8. (S1)
4.20 **Crashing** 8/8. (S1)
5.00 **Will & Grace** (S10)
6.00 **The Office (US)** (S6)
7.00 **The Conners** (S3)
8.00 **Will & Grace** (S3)
9.00 **Sex and the City** 17/20. Samantha takes drastic action. **9.40** 18/20. Aleksandr meets the girls. (S6)
10.20 **Kevin Hart: Reality Check** Stand-up special.
11.30 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
12.30 AM **Breeders** (S3)
1.30 **Chris Rock: Bigger & Blacker**
2.45 **Silicon Valley** (S3)
3.50 **to 5.00** AM **Insecure**

Sky Arts

130/131 826 123 36 147 365

6.00 AM **Sing When You Are Winning**
7.00 **Classic FM's Rising Stars**
8.00 **Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **The Art of Collecting**
3.00 **Sunflowers**
4.00 **Discovering**
5.00 **Watercolour Challenge**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Discovering**
8.30 **Jimi Hendrix at Woodstock** From 1969.
9.45 **Hendrix: Band of Gypsys** A 1970 concert.
11.00 **Siouxsie and the Banshees: Nocturne**
12.15 AM **The Cure: Live in Hyde Park**
2.10 **Discovering: The Cure**
3.05 **United Kingdom of Pop**
4.15 **Cheltenham Literature Festival** Francis Rossi.
5.10 **to 6.00** AM **Inside Art**

Sky Mix

151 135 11 144

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **UK Border Force**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 26/26. (S1)
5.00 **Star Trek: Enterprise**
6.00 **Star Trek: Deep Space Nine** 24/26. (S2)
7.00 **Star Trek: Voyager**
8.00 **Hawaii Five-0** (S2)
9.00 **John Wayne Gacy: Devil in Disguise**
10.00 **Murder on Middle Beach** Madison Hamburg concludes his investigation.
11.45 **Killer in My Village**
12.45 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.00 AM **Unwind**
7.20 **Be Beautiful**
7.35 **Billie and Greg: The Family Diaries**
8.35 **Making It Home**
9.35 **Buying and Selling**
10.35 **Billie and Greg: The Family Diaries**
11.35 **The Real Housewives of New Jersey**
12.30 PM **The Real Housewives of Atlanta**
1.20 **The Only Way Is Essex**
2.05 **Dinner Date**
3.05 **Million Dollar Listing...**
4.05 **The Real Housewives of New York City**
5.00 **The Real Housewives of Potomac**
6.00 **Making It Home**
7.00 **Million Dollar Listing: NYC** Property series.
8.00 **Dinner Date**
9.00 **Botched**
10.00 **Love Island USA** New edition Reality show.
11.35 PM **to 12.25** AM **The Only Way Is Essex**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Hart to Hart** (S2)
9.00 **Diagnosis Murder**
11.00 **Castle** 11/24. (S5)
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 7/8. (S1)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 20–23/26. (S7)
9.00 **The New Avengers** *Gnaws:* 13/13. A new experimental drug is leaked into the sewer, leading to an epidemic of giant rats. (S1)
10.00 **The Avengers** *Never, Never Say Die:* 10/24. A man is reportedly killed several times. **11.00** *The Morning After:* 18/33. Steed is knocked out by gas while pursuing a rogue agent. (S6)
12.00 M'T **M*A*S*H** (S7)
2.00 AM **The Avengers**
4.00 **Castle** 23/23. (S6)
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257 62

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **World of Sport**
6.05 **Mr Bean**
6.40 **The Professionals**
7.40 **Robin of Sherwood**
8.50 **The Champions**
9.55 **Kojak**
11.00 **BattleBots**
12.00 NOON **Robin of Sherwood**
1.05 PM **The Champions**
2.15 **Kojak**
3.20 **Minder**
4.25 **The Professionals**
5.30 **British Touring Car Championship Highlights**

7.00 Darts: New Zealand...

7.00 **World Series of Darts: New Zealand Masters** A chance to see day one from Globox Arena, Hamilton as eight Oceanic qualifiers took on eight of the world's best in the first round, with a place in the quarter-finals at stake. Commentary from Stuart Pyke, Dan Dawson and Mark Webster.

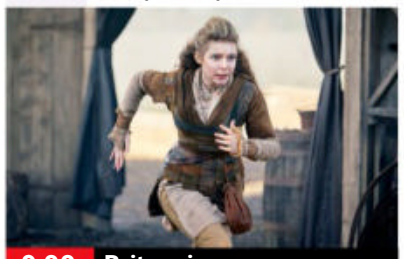
11.00 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling, featuring the likes of Chris Jericho and Bryan Danielson
1.00 AM **Minder**
1.55 **The Professionals**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Merlin** 2/13. (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 15/20. (S1)
2.00 **Merlin** 2/13. (S2)
3.00 **Stargate SG-1** 18/22. (S2)
4.00 **Star Trek: Enterprise** (S2)
5.00 **Star Trek: Voyager** 5/26. The Doctor is abducted and sold to a hospital ship. (S7)
6.00 **Merlin** 2/13. Arthur tries to enter a jousting competition anonymously. (S2)


9.00 Britannia

7.00 **Star Trek: Deep Space Nine** *Progress:* 15/20. Kira defies the beliefs of her people. (S1)

8.00 **Stargate SG-1** *Holiday:* 18/22. Daniel is trapped in the body of a dying man by former Goa'uld enemy Ma'chello. (S2)

9.00 **Britannia** 6/8. Cait and Divis harness the power of Big Pebble in their search for the traitor.

10.00 **Britannia** 7/8. Cait and her band continue their quest to reach Lucius because of his knowledge of the Spear. (S3)

11.00 **Britannia** 8/8. Cait takes the fight to the redoubt. (S3)
12.00 M'T **Wynonna Earp** 7/12. Waverly and Nicole celebrate their engagement with an enchanted evening. (S4)
1.00 AM **Merlin** As 6.00pm.
2.00 **Intergalactic** 6/8. (S1)
3.00 **Trickster** 5&6/6. (S1)
5.00 **to 6.00** AM **Most Haunted**

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries** (S10)
9.00 **The Doctor Blake Mysteries**
10.00 **Elementary** 3/24. (S4)
11.00 **Hudson & Rex** 12/16. (S2)
12.00 NOON **Father Brown**
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S10)
4.00 **Shakespeare & Hathaway: Private Investigators** (S2)
5.00 **Father Brown** As 1.10am.
6.00 **Hudson & Rex** 12/16. The career of a vitriolic chef is on the line when a severed finger is discovered in his Beef Wellington. (S2)

9.00 Beyond Paradise

7.00 **Elementary** *You've Got Me, Who's Got You?* 17/24. Holmes seeks the killer of a comic book-inspired vigilante. (S4)

8.00 **Death in Paradise** *I'll Never Let You Go:* 8/9. Neville refuses to believe a man who confesses to murdering his boss. (S10)

9.00 **Beyond Paradise** *I'll Never Let You Go:* 1/6. *Death in Paradise* spin-off starring Kris Marshall. Humphrey and his fiancée Martha settle in Devon. (S1)

10.20 **Death in Paradise** *Arriving in Paradise:* 1/8. First episode of the detective drama. (S1)

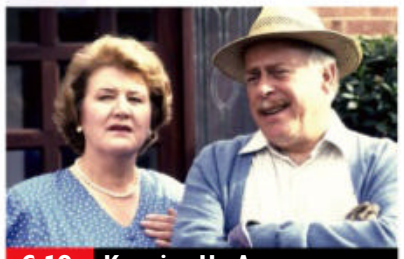
11.20 **Elementary** As 7pm.
12.15 AM **Hudson & Rex** As 6pm.
1.10 **Father Brown** *The Blood of the Anarchists:* Tensions rise when a performance troupe of anarchists arrive in Kembleford.
2.15 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

GOLD

110/111 810 124 344 359

7.00 AM **Highlights**
9.30 **Ever Decreasing Circles**
10.10 **Hi-de-Hi!**
10.50 **Still Open All Hours**
11.30 **Last of the Summer Wine**
12.50 PM **Keeping Up Appearances**
1.30 **Ever Decreasing Circles**
2.10 **Still Open All Hours**
2.50 **Dad's Army**
3.30 **Hi-de-Hi!**
4.10 **Last of the Summer Wine**
5.30 **Still Open All Hours**
6.10 **Keeping Up Appearances**
6.50 **Dad's Army**


6.10 Keeping Up Appearances

7.25 **Dad's Army** The platoon use up all of their ammunition shooting at a passing aircraft.

8.00 **dinnerladies** The girls celebrate Japanese-style at their work party.

8.40 **Only Fools and Horses** Christmas special from 1988. Del Boy embarks on a new romance with Raquel, an actress he meets through a computer dating agency.

10.30 **Not Going Out** Festive episode from 2007. Lee plans to spend time alone with Lucy at Christmas.

11.10 **Not Going Out** Lucy announces to the friends that she is pregnant, causing Lee to wonder if he is the father.
11.50 **Mrs Brown's Boys**
1.10 AM **Only Fools and Horses**
2.55 **Not Going Out** As 11.10pm.
3.25 **to 4.00** AM **Mrs Brown's Boys**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Whose Line Is It Anyway? USA** Double bill.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Rick Stein's Secret France**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Storage Hunters UK**
2.00 PM **Robson's Extreme Fishing Challenge** From the east coast of America.
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Secret France** Rick arrives in Perigord.
6.00 **Rick Stein's Cornwall** Double bill of the series.

5.00 Rick Stein's Secret France

7 PM

7.00 **Would I Lie to You?** With Greg Davies, Alex Jones, John Cooper Clarke and Rick Edwards.
7.40 **Richard Osman's House of Games** With Crystelle Pereira and Nick Moran. **8.20** Guests include Sally Phillips and Rickie Haywood-Williams.

8 PM

9.00 **QI XL** Guests Noel Fielding, Ross Noble and Colin Lane join regular panellist Alan Davies and host Stephen Fry.

9 PM

10.00 **Have I Got a Bit More News for You** David Mitchell hosts, with the Rev Richard Coles and Janey Godley.

10 PM

11.00 **Taskmaster** With Hugh Dennis.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Room 101** With Craig Revel Horwood, Sheila Hancock and Jon Richardson.
2.00 **to 4.00** AM **Whose Line Is It Anyway? USA**

+1 hour 211/212 327 57

4seven

137/138 143 49 127

9.00 AM **Ramsay's Kitchen Nightmares USA**
10.00 **Car S.O.S**
10.55 **Paris 2024 Paralympics: Meet the Athletes**
11.00 **A Place in the Sun**
12.00 NOON **The Great House Giveaway**
1.00 PM **Frasier** (S9)
1.55 **Paris 2024 Paralympics: Meet the Athletes**
2.00 **Frasier** 15/24. (S9)
2.30 **A New Life in the Sun: Where Are They Now?**
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Worst House on the Street** From Norbury.
8.00 **Kirstie and Phil's Love It or List It: Brilliant Builds**
9.00 **24 Hours in A&E**
10.00 **Gogglebox**
11.05 **8 Out of 10 Cats Does Countdown**
1.10 **Gogglebox**
2.10 **First Dates**
3.15 **Celebrity PopMaster TV**
4.10 **to 4.40** AM **Untold: Inside Britain's Dog Fighting Gangs**

5USA

141/169 120/162 21 129

9.00 AM **NCIS**.
12.00 NOON **Law & Order**
12.55 PM **Entertainment News**
1.00 **Law & Order**
3.55 **Entertainment News**
4.00 **Law & Order**
6.00 **NCIS** *Ex-File:* 3/19. A case becomes personal for Gibbs when ex-wife Stephanie is a witness in a murder case. **7.00** *Identity Crisis:* 4/19. A cadaver being used for research sparks a manhunt. **8.00** *Leap of Faith:* 5/19. A Navy SEAL is shot dead while threatening to jump from a roof. **9.00** *Chimera:* 6/19. A sailor dies in strange circumstances on a research vessel. (S5)
10.00 **Law & Order: Special Victims Unit** (S14&13)
2.00 AM **The Blacklist**
3.50 **to 4.00** AM **Entertainment News**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Happy Campers: The Caravan Park**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **FILM Dangerous Minds** Fact-based drama. (1995, 15, 101min) ★★★
11.05 **FILM The Courier** Thriller starring Olga Kurylenko. (2019, 18, 99min) ★
1.05 AM **Murder in Amish Country** True crime.
2.05 **Casualty 24/7: Every Second Counts**
2.55 **GPs: Behind Closed Doors** Medical series.
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Outback Truckers**
10.00 **Traffic Cops**
11.00 **Police Interceptors**
12.05 PM **FILM The Kid from Texas** Western. (1949, U, 78min) ★★
1.45 **FILM The Four Musketeers** Comedy adventure sequel. (1974, PG, 105min) ★★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Police: Hour of Duty** The 999 comms team get a call from a woman who claims to have swallowed 40 pills.
10.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
11.00 **Belmarsh: Serial Killers & High Security**
12.00 M'T **Police Interceptors**
1.00 AM **World's Deadliest Weather: Caught on Camera** A huge wildfire.
2.05 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **Property Brothers: Family Flashback**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Tipping Point: Lucky Stars** With Johnny Vegas.
7.00 **MasterChef Australia** New edition The contestants must cook a dish that best represents their food dream.
8.30 **Inside the Ambulance** Paramedics come to the aid of a diabetic who has collapsed at home.
9.30 **999 Rescue Squad** A horse rider is hit by a car on a country road.
10.30 **Inside the Ambulance**
11.00 **The Catherine Tate Show** Triple bill.
12.50 AM **Bang on Budget**
1.55 **to 3.00** AM **MasterChef Junior USA**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Doctors**
9.10 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Born and Bred**
4.10 **Howards' Way**
5.20 **Birds of a Feather**
6.00 **Desmond's**
6.35 **Are You Being Served?**
7.15 **Last of the Summer Wine** Vintage sitcom.
8.00 **Father Brown** *The Truth in the Wine:* A body is discovered in a vineyard. **9.00** *The Judgement of Man:* The priest becomes embroiled in an audacious art heist.
10.00 **New Tricks** *Family Business:* An assault case is re-opened.
11.20 **Silent Witness**
1.35 AM **Annika**
2.40 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

FRIDAY Entertainment

Friday

Really

142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Cornwall.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **A Place in the Sun**
12.00 NOON **Money for Nothing** Double bill.
2.00 PM **The Repair Shop**
3.00 **Celebrity Antiques Road Trip** Double bill.
5.00 **The Yorkshire Auction House**
7.00 **Antiques Road Trip**
9.00 **Celebrity Help! My House Is Haunted** New edition A spirit throwing wine bottles.
10.00 **Death Walker with Nick Groff** New editions Contacting spirits in a school basement. **11.00** Investigating the Fort Niagara Barracks.
12.00 M'T **Help! My House Is Haunted** Reality series.
1.00 AM **The Dead Files**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 146

7.00 AM **The Chase**
10.00 **Weakest Link**
11.00 **Pointless Celebrities**
12.00 NOON **Cash Trapped**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **Bullseye** Four editions of the darts-based quiz.
7.00 **Cash Trapped** Quiz hosted by Bradley Walsh.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Weakest Link** Quiz with Anne Robinson.
1.00 AM **Cash Trapped**
2.00 **The Chase** Double bill.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **Coast Guard Alaska**
9.00 FILM **Turbulence** Thriller. (2016, 15) ★★
10.55 **Total War**
12.00 NOON **Wild West Chronicles** Double bill.
1.00 PM FILM **Kentucky Rifle** Western with Chill Wills. (1956, U, 84min) ★★
2.45 FILM **Hellgate** Western. (1952, b/w, PG) ★★
4.50 FILM **A Prize of Arms** Crime thriller. (1961, b/w, PG, 105min) ★★★
7.05 FILM **Earthfall** Sci-fi. (2015, 12, 89min) ★★
9.00 FILM **Phantom** Cold War action drama. (2013, 15, 94min) ★★
11.10 FILM **Renegades** Action adventure. (2017, 15, 106min) ★★
1.25 AM FILM **Ice Twisters** Sci-fi thriller. (2009, PG, 91min) ★★
3.20 **War Machines**
4.20 **to 5.00** AM **Wild West Chronicles**

GREAT! movies

321 425 34

9.00 AM FILM **The Nurse** Drama. (2014, PG) ★★
10.55 FILM **Witness Unprotected** Thriller. (2018, 90min) ★★
12.50 PM FILM **Jane Doe: How to Fire Your Boss** Murder mystery. (2007, PG, 83min) ★★
2.40 FILM **Earthfall** Sci-fi. (2015, 12, 89min) ★★
4.35 FILM **Meteor Moon** Sci-fi adventure. (2020, PG, 80min) ★★
6.30 FILM **Vertical Limit** Adventure thriller. (2000, 12, 124min) ★★★
9.00 FILM **The Cold Light of Day** Action thriller. (2012, 12, 89min) ★★
11.00 FILM **Night Hunter** Thriller. (2018, 15) ★★
1.20 AM FILM **Nowhere To Be Found** Thriller. (2019, PG, 93min) ★★
3.30 **Wild West Chronicles**
4.00 **to 6.01** AM FILM **Killer Night Shift** (2018) ★★

GREAT! romance

319 424 52

8.00 AM FILM **Be My Valentine** Comedy. (2013, PG, 90min) ★★
10.00 FILM **Lead with Your Heart** (2015, PG) ★★
12.00 NOON FILM **Accidentally Engaged** Drama. (2016, PG) ★★
2.00 PM FILM **The Last Bridesmaid** Drama. (2019, PG, 90min) ★★
4.00 FILM **The Vows We Keep** Drama. (2021, U) ★★
6.00 FILM **My Best Friend's Bouquet** Drama. (2020, U, 84min) ★★
8.00 FILM **Mix Up in the Mediterranean** Comedy. (2021, PG, 84min) ★★
9.50 FILM **A Slice of Chicago Romance** Drama. (2022, PG, 90min) ★★
12.00 M'T **Highway to Heaven**
1.00 AM FILM **Love Locks** Drama. (2017, PG) ★★
3.10 **to 5.00** AM FILM **The Best Version of Love** Comedy. (2023, PG) ★★

GREAT! real

189 61

9.00 AM **Thief Trackers**
9.30 **Police Ten 7**
12.00 NOON **Air Rescue**
1.00 PM **Airline USA**
2.00 **Paddington Station 24/7** Documentary.
3.00 **Island Medics**
4.00 **Air Rescue**
5.00 **Coast Guard Alaska**
6.00 **Coast Guard Pacific Northwest**
7.00 **Paddington Station 24/7** A broken down train causes major disruption during the morning rush hour.
8.00 **Island Medics**
9.00 **Air Rescue**
10.00 **Code 1: Extreme**
11.00 **Paddington Station 24/7** As 7.00pm.
12.00 M'T **Coast Guard Pacific Northwest**
1.00 AM **Coast Guard Alaska**
2.00 **Police Ten 7**
4.00 **Cops Uncut**
5.00 **to 5.50** AM **Airline USA**

DMAX

159 169 39 150

6.00 AM **Alaska: Last Frontier** Documentary.
7.00 **Building Off the Grid**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
11.00 **Building Off the Grid**
12.00 NOON **Homestead Rescue: Raney Ranch**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers**
4.00 **Garage Rehab**
5.00 **Kindig Customs**
6.00 **Deadliest Catch**
7.00 **Alaska: Last Frontier**
8.00 **Gem Hunters Down Under** Documentary.
9.00 **Kindig Customs** Dave and Kev go to New York.
10.00 **Extreme RVs**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL**
1.00 AM **Yukon Men**
2.00 **Teleshopping**
4.00 **Building Alaska**
5.00 **to 6.00** AM **Maine Cabin Masters**

Food Network

140/141 190 43 148

6.00 AM **Barefoot Contessa**
7.00 **The Pioneer Woman**
8.00 **Jamie Cooks Italy**
9.00 **James Martin's Mediterranean**
10.00 **Rick's Food Heroes...**
11.00 **The Hairy Bikers'...**
12.00 NOON **Great British...**
2.00 PM **James Martin's Mediterranean**
3.00 **Michel Roux's French...**
4.00 **The Pioneer Woman**
5.00 **Girl Meets Farm**
6.00 **Great British Bake Off**
8.00 **Michel Roux's French Country Cooking**
9.00 **Rick's Food Heroes: Another Helping**
10.00 **The Hairy Bikers' Mediterranean Adventure**
11.00 **Diners, Drive-Ins and...**
12.00 M'T **Grocery Games**
1.00 AM **Restaurant: Impossible**
2.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 18/26. (S5)
9.00 **Airwolf** 20/24. (S4)
10.00 **Mission: Impossible**
11.00 FILM **The 7 Adventures of Sinbad** Fantasy. (2010, PG, 90min) ★★
12.55 PM FILM **The Lone Ranger and the Lost City of Gold** Western. (1958, U, 80min) ★
2.30 FILM **McLintock!** Comedy Western. (1963, U, 127min) ★★★
5.00 **Star Trek** 22/26. (S2)
6.00 **Mission: Impossible**
7.00 **Airwolf** 21/24. (S4)
8.00 **Walker, Texas Ranger**
9.00 FILM **Armed Response** Thriller. (2017, 15) ★
10.55 FILM **Sweeney!** Big-screen spin-off. (1976, 18, 89min) ★★★
12.55 AM FILM **The House That Dripped Blood** Horror. (1970, 12) ★★★
2.55 **to 4.50** AM FILM **The Golem** Horror. (2018, 15, 95min) ★★

Legend Xtra

317 171 69 138

6.00 AM FILM **The Day of the Triffids** As 5.00pm.
8.00 FILM **The Bone Eater** Monster movie. (2007, 12, 90min) ★★
10.00 **Andromeda** 2/22. (S1)
11.00 **Farscape: The Peacekeeper Wars**
1.00 PM FILM **Mega Shark vs Kolossus** Thriller. (2015, 12, 90min) ★
3.00 **Andromeda** 2/22. (S1)
4.00 **The Prisoner** 6/17. (S1)
5.00 FILM **The Day of the Triffids** Sci-fi chiller starring Howard Keel. (1962, 12, 95min) ★★
7.00 **Andromeda** 3/22. (S1)
8.00 **The Prisoner** 7/17. (S1)
9.00 FILM **Hot Seat** Action adventure starring Mel Gibson and Shannen Doherty. (2022, 15) ★★
11.00 FILM **The Resident** Horror with Hilary Swank. (2011, 15, 91min) ★★
1.00 **to 3.00** AM FILM **Hot Seat** As 9.00pm.

Blaze

164 174 64 162

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars: Texas**
8.25 **Container Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Files: Unsealed**
11.10 **The Proof Is Out There**
12.10 PM **Weird or What?**
1.05 **Monsterquest**
2.05 **Pawn Stars**
3.05 **Storage Wars: Texas**
3.35 **Container Wars**
4.00 **Ancient Aliens**
6.00 **Alien Files: Unsealed**
7.00 **Pawn Stars**
8.00 **Dickinson's Real Deal**
9.00 **Truthseekers**
10.00 **Bermuda Triangle: Into Cursed Waters**
11.00 **What on Earth?**
12.00 M'T **Mysteries from Above** A remote island.
1.00 AM **Alien Files: Unsealed**
2.00 **The Proof Is Out There**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **Entertainment News**
9.10 **The Yorkshire Vet**
3.00 PM **Murder, She Wrote**
4.00 **Columbo**
6.00 **Ben Fogle: New Lives in the Wild** A British woman who gave up her old life to train huskies in northern Sweden. **7.00** Ben meets a former financier who lives on an island on the Mekong River in Laos.
8.00 **Fawlty Towers: Funniest Moments & More** A celebration of the acclaimed sitcom.
9.30 **Keeping Up Appearances: Funniest Bits and More** A look back at the sitcom.
11.00 **The Stonehenge Enigma: What Lies Beneath?** Investigating a vast monument near Stonehenge.
12.35 AM **Forged in Fire**
3.55 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 166

7.00 AM **Building Alaska**
8.00 **Help! I Wrecked My House** Property series.
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **A Place in the Sun**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Bargain Mansions**
2.00 **Flip or Flop Nashville**
3.00 **Good Bones**
4.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** Jules Hudson helps a couple who are looking to return to Devon.
9.00 **My Lottery Dream Home** Four editions.
11.00 **Home Town** Ben and Erin create a fun home ready for new memories.
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop Nashville**
3.00 **to 4.00** AM **My Lottery Dream Home**

TLC

133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes... UK**
10.00 **Dr Pimple Popper**
11.00 **The Family Chantel**
12.00 NOON **Unexpected: Teenage & Pregnant**
1.00 PM **Sister Wives**
3.00 **7 Little Johnstons**
4.00 **Little People, Big World**
5.00 **The Family Chantel**
6.00 **Dr Pimple Popper**
7.00 **Too Large** Jasmin knows that she must get bariatric surgery.
8.00 **Charlotte Church's Dream Build** Charlotte worries about finishing the renovation on time.
9.00 **Home Town**
10.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Charlotte Church's Dream Build**
2.00 **Sex Sent Me to the ER**
4.00 **to 6.00** AM **Extreme Couponing**

Comedy Central

112/113 812 132 345 360

8.00 AM **Home Improvement**
9.00 **Friends** 19-22/24. (S4)
11.00 **New Girl** 15-18/22. (S4)
1.00 PM **Friends** (S3)
7.00 **Friends** 21/25. Monica faces a difficult decision. **7.30** 22/25. Joey's play gets terrible reviews. **8.00** 23/25. Ross finds a growth on his buttocks. **8.30** 24/25. Guest stars Robin Williams and Billy Crystal. (S3)
9.00 **Al Murray: Beautiful British Tour – Live at the O2** Stand-up show.
10.00 **Jimmy Carr: Making People Laugh**
12.15 AM **Jack Whitehall Live**
1.15 **Lee Evans Live: The Different Planet Tour**
2.45 **Dara O Briain Talks Funny: Live in London**
3.40 **Beavis and Butt-Head**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

Comedy Cen. Extra

127/128 154

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Becker** 1-4/24. (S2)
11.00 **Guessable?**
12.00 NOON **Most Ridiculous**
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers: Dinner Party**
3.00 **Daria** 10&11/13. (S2)
4.00 **Becker** 3&4/24. (S2)
5.00 **Home Improvement**
6.00 **Last Man Standing**
7.00 **New Girl** Four episodes of the sitcom, including at: **8.30** 18/22. Jess and Cece run into a familiar face on the way back from a party. (S4)
9.00 **Rhod Gilbert's Growing Pains** With Shirley Ballas.
10.00 **Friends** 19-22/24. (S2)
12.00 M'T **Out of Order**
1.00 AM **Rhod Gilbert's Growing Pains** (S5)
2.00 **South Park**
4.15 **Ren & Stimpy Show**
5.05 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Most Ridiculous**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Bondi Rescue**
12.00 NOON **Air Ambulance ER** Documentary.
1.00 PM **Stop, Search, Seize**
2.00 **Most Haunted**
4.00 **DC's Legends of Tomorrow** (S4)
6.00 **Primeval** 3&4/10. (S3)
8.00 **Elsbeth** *Love Knocked Off:* 4/10. Margo Clarke goes to extreme lengths to hide the truth. (S1)
9.00 **Fire Country** 8/10. (S2)
10.00 **Stop, Search, Seize**
11.00 **Bondi Rescue**
12.00 M'T **Air Ambulance ER**
1.00 AM **The Russell Howard Hour**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

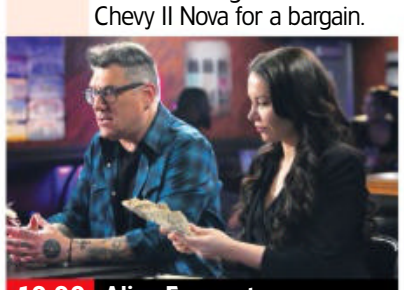
6.00 AM **MTV Cribs**
6.25 **Teen Mom 2**
7.10 **Dallas Cowboys Cheerleaders**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Dallas Cowboys Cheerleaders** The candidates learn some new techniques to improve their high kicks.
8.00 **Teen Mom: The Next Chapter** The mums celebrate at Jade and Sean's wedding.
9.00 **Just Tattoo of Us** It's Scotty T's big initiation day and he has his bum branded.
10.00 **Ink Master** The Coaches design for a very special Human Canvas.
11.00 **Behind the Music**
12.30 AM **Sum 41: I Want My MTV**
1.00 **Ink Master: Revenge**
2.45 **Geordie Shore**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
7.00 **How Do They Do It?**
8.00 **Blowing Up History**
9.00 **How the Universe Works**
10.00 **Iron Resurrection**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Double bill.
3.00 **Hoffman Family Gold**
4.00 **Edge of Alaska**
5.00 **Salvage Hunters** Drew visits Bamburgh Castle.
6.00 **Iron Resurrection** 1/2. Jayson and Amanda get a 1965 Chevy II Nova for a bargain.



10.00 Alien Encounters...

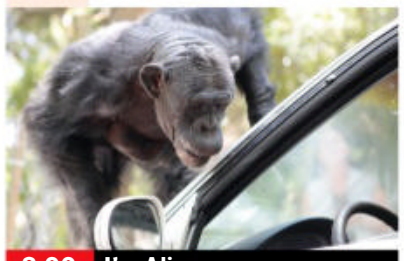
7.00 **Gold Rush: Mine Rescue with Freddy & Juan** Freddy and Juan follow up with rescued miners with high family stakes.
8.00 **Wheeler Dealers** Mike finds a British motoring icon, a 1976 Land Rover Series III, one of the few registered in California.
9.00 **Expedition Unknown** New edition Spanning Europe and Africa, Josh's chase for Alexander's fortune ramps up.
10.00 **Alien Encounters: Fact or Fiction** New edition Tormented by memories of abduction, a woman finds an implant in her body.
11.00 **Mighty Truckers** Truckers from Germany, Italy and Holland share their journeys.
12.00 M'T **Mysteries of the Missing**
1.00 AM **Expedition Unknown**
2.00 **Alien Encounters: Fact or Fiction** As 10.00pm.
3.00 **Gold Rush**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/178 178

8.00 AM **Animal Cribs**
9.00 **Crikey! It's the Irwins**
10.00 **Dogs 101**
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Crikey! It's the Irwins**
2.00 **From Wags to Riches**
3.00 **Pit Bulls & Parolees: Tia's Tales** Documentary.
4.00 **Pit Bulls & Parolees**
5.00 **Alaska: Homestead Rescue** Marty must move a cabin onto a flood-proof foundation.
6.00 **Animal Cribs** The biggest and best builds from the series.



8.00 I'm Alive

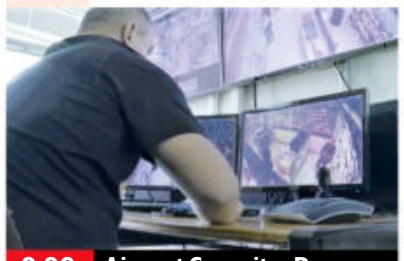
7.00 **Crikey! It's the Irwins** Bindi swims alongside whale sharks, assisting with research efforts on the world's largest fish.
8.00 **I'm Alive** How two men fought for their lives against 35 chimpanzees, and the story of a man who was bitten by a viper.
9.00 **I Was Prey** The story of a man who accidentally stepped on a crocodile while swimming in a river in South Africa.
10.00 **Alaskan Bush People** The family works to keep spirits high as Ami prepares for her cancer treatment in California.
11.00 **Project Grizzly** Jeff teaches Bob and Screech how to den up for the winter. **12.00** M'T Jeff teaches the bears to be scared of humans.
1.00 AM **Alaskan Bush People**
2.00 **Pit Bulls & Parolees**
3.00 **Alaska: Homestead Rescue**
4.00 **to 5.00** AM **Animal Cribs**

+1 hour 262/278 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Europe from Above**
12.00 NOON **Car S.O.S**
1.00 PM **Air Crash Investigation**
2.00 **Nazi Megastructures**
3.00 **The Real Red Tails**
4.00 **Construction Fails**
5.00 **Car S.O.S** Restoring a Bond Bug three-wheeler.
6.00 **Nazi Megastructures** The defences and kill zones that surrounded Hitler's bunker in Berlin.



9.00 Airport Security: Rome

7.00 **Air Crash Investigation** A reconstruction of Korean Air Cargo Flight 8509's accident in December 1999.
8.00 **Engineering New York Super Airport** The building of 450-foot-long bridges that allow aircraft to pass beneath.
9.00 **Airport Security: Rome** Border Police stop a father and son travelling with fake passports.
10.00 **Border Protection Spain** Experts dive into the waters of Girona to defuse undetonated weaponry.
11.00 **Air Crash Investigation**
12.00 M'T **Air Crash Investigation: Special Report**
1.00 AM **America's Hardest Prisons**
2.00 **Money Meltdown**
2.30 **Abandoned**
3.20 **Food Factory**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
7.00 **Counting Cars**
8.00 **Rust Valley Restorers**
10.00 **Pawn Stars**
12.00 NOON **Counting Cars**
2.00 PM **Battle 360** A reconstruction of the 1944 battle of Leyte Gulf, using CGI animation to recreat the battle. **3.00** The actions of the Carrier Task Force in 1944.
4.00 **Pawn Stars** Triple bill.
6.00 **American Pickers** The Wolfe brothers tour a massive West Virginia homestead.

9.00 Storage Wars

7.00 **Forged in Fire Armed Forces Tournament** Four airmen from the US Air Force are tasked with forging a bolo knife.
8.00 **Auction Kings** An item from the film *Cleopatra*. **8.30** A vast collection of vintage and modern fishing equipment.
9.00 **Storage Wars** Ivy goes up against an upstart buyer in California. **9.30** Brandi lets Danielle lead the way in California.
10.00 **Pawn Stars Do America** Rick Harrison, Corey Harrison and Austin 'Chumlee' Russell head to Savannah, Georgia.
11.00 **The UnXplained with William Shatner** A look at the belief in curses throughout human history.
12.00 M'T **Pawn Stars**
2.00 AM **How Disney Built America** Documentary.
3.00 **Auction Kings** Double bill.
4.00 **to 6.00** AM **Counting Cars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Inside the Factory**
8.00 **Abandoned Engineering**
10.00 **WW2 – Frontlines**
11.00 **Nazi Hunters**
12.00 NOON **Find It, Fix It, Flog It**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **WW2 – Frontlines** The killing fields around Hill 112, a graveyard for British soldiers.
5.00 **Nazi Hunters** A Jewish group that hunted its persecutors.
6.00 **Antiques Roadshow** Fiona Bruce and the team are in Compton Verney, Warwickshire.

8.00 Jay's Yorkshire Workshop

7.00 **Find It, Fix It, Flog It** The boys explore Wiltshire and Oxfordshire, meeting animal enthusiast Susan.
8.00 **Jay's Yorkshire Workshop** A 12-year-old who saved his dad's life when they were running in the countryside.
9.00 **Secrets of the London Underground** Exploring the maintenance depot at Northumberland Park in north London.
10.00 **Bangers & Cash** Derek auctions off a Jensen Interceptor and a Jensen Healey.
11.00 **Abandoned Engineering** A ruined castle in Germany.
12.00 M'T **Great American Railroad Journeys** Michael Portillo reaches the Mason-Dixon line.
1.00 AM **The Yorkshire Steam Railway: All Aboard**
2.00 **to 3.00** AM **The Architecture the Railways Built**

+1 hour 255 329 74

Friday

7 PM

8 PM

9 PM

10 PM

Quest

144 834 137 12 172 167

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
10.00 **The Repair Shop**
12.00 NOON **How Do They Do It?** Four editions.
2.00 PM **Find It, Fix It, Drive It** An MG Midget.
3.00 **Find It, Fix It, Flog It**
5.00 **Wheeler Dealers**
7.00 **Salvage Hunters: Classic Cars**
8.00 **Salvage Hunters: The Restorers** Globe restorer James takes drastic action when working on a 150-year-old masterpiece.
9.00 **Saving Lives at Sea** A crew race to a diver found unconscious 30 metres underwater.
10.00 **Ambulance**
11.00 **The Repair Shop**
1.00 AM **Wheeler Dealers**
3.00 **How Do They Do It?**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress: Atlanta** Double bill.
8.00 **Say Yes to the Dress**
10.00 **Say Yes... Lancashire**
11.00 **The Perfect Murder**
12.00 NOON **Forensic Detectives**
1.00 PM **FBI Files**
2.00 **American Monster**
4.00 **Murder on CCTV**
5.00 **Disappeared**
7.00 **Judge Rinder's Crime Stories** Examining the murder of a 67-year-old woman in south Wales.
8.00 **Murder on CCTV**
10.00 **The 1980s: The Deadliest Decade**
11.00 **The 1990s: The Deadliest Decade**
12.00 M'T **Nightmare Next Door** Michael Severance.
1.00 AM **Betrayed**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **48 Hours** The woman at the centre of a case prosecutors said was about money and murder.
8.00 **Evidence of Evil** A look at the police investigation into the murder of David Castor, who was killed by his wife Stacey Castor.
9.00 **Nightmare Next Door** Business owner Robert Chae and his family are attacked in their Philadelphia house.
10.00 **Bloodline Detectives** A young woman is discovered covered in blood by the road.
11.00 **Fatal Vows** Double bill.
1.00 AM **Nightmare Next Door** As 9.00pm.
2.00 **Bloodline Detectives**
3.00 **Medical Detectives**
4.00 **48 Hours** As 7.00pm.
4.50 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **A Stranger in My Home** Double bill.
11.00 **Medical Detectives**
1.00 PM **Medical Detectives**
2.00 **A Stranger in My Home**
4.00 **Medical Detectives** Evidence contained within saliva in the case of a teacher accused of sending hate mail. **4.30** A 70-year-old retired veteran is found dead on his boat. **5.00** Scientists prove the identity of an injured victim of a bomb blast. **5.30** A serial killer is betrayed by samples of some carpet fibres. **6.00** The investigation into the murder of a 13-year-old boy. **6.30** An FBI investigation into letter bombs.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Stop, Search, Seize**
8.00 **Motorbike Cops**
9.00 **The Force: Manchester**
10.00 **Brit Cops**
11.00 **Killer in My Village**
12.00 NOON **Murders at the Boarding House**
1.15 PM **Highway Cops**
1.45 **What the Killer Did Next** Peter McMahon.
2.50 **World's Most Evil Killers**
3.55 **Catching the Killer**
5.00 **What the Killer Did Next** Sabina Nessa.
6.00 **Killer in My Village**
7.00 **Catching the Killer**
8.00 **Britain's Most Evil Killers**
9.00 **Buried** Double bill.
11.10 **Murdered at First Sight**
12.10 AM **Charmed to Death**
1.10 **Britain's Most Evil Killers**
2.10 **Snapped**
3.10 **Love You to Death**
4.10 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Grand Tours of Scotland** Isle of Arran.
8.55 **Egypt's Sun King: The Mystery Tombs**
9.55 **Greek Myths: True Stories** Documentary.
11.50 **The US and the Holocaust** Documentary.
1.00 PM **Icons of Conquest**
2.15 **Egypt's Sun King: The Mystery Tombs**
3.25 **Greek Myths: True Stories** Documentary.
5.20 **The US and the Holocaust** Documentary.
6.30 **Egypt's Sun King: The Mystery Tombs** The story of Amenhotep III.
7.35 **Greek Myths: True Stories** Robin Lane Fox uncovers the truth behind Greek myths.
9.35 **The US and the Holocaust** How the first reports of the killing reached the US.
10.45 **Icons of Conquest**
12.00 **to 2.00** AM **Greek Myths: True Stories**

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | EE HD

FRIDAY

Friday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Story of Late Night**
7.00 Discovering: Kate Winslet
8.00 The Directors
8.55 The Civil War
10.00 Terry Venables: A Man Can Dream The life and times of the former football manager.
12.00 NOON **Natalie Wood: What Remains Behind** A unique insight into the movie star's life.
2.00 PM **FILM Bobby** Documentary celebrating Bobby Moore. (2016, PG, 95min) ★★★★
4.00 The Directors
5.00 Discovering: Kate Winslet
5.55 The Civil War
7.00 Urban Secrets Alan Cumming explores the history of Bristol.
8.00 The Body Next Door 1/3. Documentary about a mysterious death in the South Wales Valleys.
9.00 Elvis Presley: The Searcher 1&2. Documentary about the life of the much-loved singer.
1.00 AM **Stevie Van Zandt: Disciple**
3.50 Children of Shanghai
5.00 to 6.00 AM **Discovering: Kate Winslet**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 Monkey Life
8.00 City Wildlife Rescue
9.00 Animal Empires
10.00 Evolution Earth
11.00 Orangutan Jungle School
12.00 NOON **Dawn to Dusk**
1.00 PM **Monkey Life**
2.00 City Wildlife Rescue
3.00 Animal Empires
4.00 Orangutan Jungle School
5.00 Shark Squad
6.00 Dawn to Dusk
7.00 Monkey Life
8.00 Africa's Hunters
9.00 Malawi Wildlife Rescue Staff embark on a busy day of releases and rescues.
10.00 Dawn to Dusk A look at the wildlife of the tropical Pacific.
11.00 Shark Squad
12.00 M'T **David Attenborough's Dragons and Damsels**
1.00 AM **Big Cat Country**
2.00 Africa's Hunters
3.00 Malawi Wildlife Rescue
4.00 City Wildlife Rescue
5.00 to 6.00 AM **Animal Empires**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 Combat Ships
9.00 Secrets in the Ice
10.00 History of Weapons
11.00 Ancient Aliens
1.00 PM **Ancient Aliens**
3.00 Decoding the Past
4.00 Egypt's Unexplained Files
5.00 Secrets in the Ice
6.00 Dirty Old Cars
7.00 Combat Ships Focusing on stories of naval ships that sank below the waves.
8.00 History of Weapons How speed has become a decisive feature in war's evolution.
9.00 Close Encounters Two cousins recall how they encountered a huge mothership three times the size of a football stadium. **9.30** In Pennsylvania, several dozen witnesses claim to have seen a fiery object fall from the sky and land in a nearby forest.
10.00 Ancient Aliens
2.00 AM **Dirty Old Cars**
3.00 Warriors
4.00 Egypt's Unexplained Files
5.00 to 6.00 AM **Ancient Aliens**

Crime+Investigation

156 837 133

6.00 AM **On the Case**
7.00 Homicide Hunter
9.00 What the Killer Did Next
10.00 Imperfect Murder
11.00 Motive to Murder
12.00 NOON **#Textmewhenyougethome** Documentary.
1.00 PM **Sin City Murders**
2.00 Accident, Suicide or Murder?
3.00 Witness to Murder: Digital Evidence
4.00 Murdertown
5.00 Interrogation Raw
6.00 Cold Case Files
7.00 The First 48
8.00 Imperfect Murder
9.00 Court Cam
9.30 Interrogation Cam New edition
10.00 I Survived a Crime
11.00 Homicide Hunter
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Court Cam**
1.30 Interrogation Cam
2.00 Nightmare in Suburbia
3.00 Accident, Suicide or Murder?
4.00 #Textmewhenyougethome
5.00 to 6.00 AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 Bizarre Animal Friends
10.00 America's Wild Southwest
11.00 Animals Gone Wild
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 Extraordinary Australia
4.00 Secrets of the Zoo
5.00 Wicked Tuna
6.00 Snakes in the City
7.00 Yukon Vet A routine piglet castration turns downright dangerous for Dr Oakley.
8.00 Savage Kingdom Three lionesses living in an area of forests and hills face the end of their pride from starvation after losing their male cubs.
9.00 When Sharks Attack 360
10.00 Wicked Tuna: Outer Banks Showdown Documentary.
11.00 When Sharks Attack
12.00 M'T **Alaska: The Next Generation** Documentary.
1.00 AM **Monster Fish**
2.00 Yukon Vet
3.00 Secrets of the Zoo
4.00 to 5.00 AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Expedition Unknown**
7.00 NASA's Unexplained Files
8.00 Blowing Up History
9.00 Combat Dealers
10.00 Salvage Hunters
11.00 Find It, Fix It, Flog It
12.00 NOON **Combat Dealers**
1.00 PM **How It's Made**
2.00 NASA's Unexplained Files
3.00 Salvage Hunters
4.00 Finding Escobar's Millions
5.00 Blowing Up History
6.00 Combat Dealers
7.00 Expedition Unknown
8.00 Al Murray's Road to Berlin
9.00 Combat Dealers
10.00 Salvage Hunters
11.00 World's Greatest Motorcycle Rides Henry Cole embarks on a 3,000-mile ride from Johannesburg to Cape Town.
12.00 M'T **Blowing Up History**
1.00 AM **How It's Made**
2.00 Salvage Hunters
3.00 Al Murray's Road to Berlin
4.00 to 5.00 AM **World's Greatest Motorcycle Rides**

+1 hour 277 381

Eden

166 176

9.00 AM **Chris Tarrant: Extreme Railways** As shown at 11.00pm.
10.00 Abandoned Engineering
1.00 PM **Abandoned Engineering**
7.00 Abandoned Engineering A German battleship that sank in a Norwegian fjord during World War Two. **8.00** A highway built in the Brazilian jungle, a Soviet fortress and Ellis Island hospital. **9.00** A look at the construction of the Vajont Dam in the mountains of northern Italy. **10.00** The stories behind a World War Two aviation facility in Farnborough and a Soviet airbase in the Gobi Desert.
11.00 Chris Tarrant: Extreme Railways Chris travels through the Middle East to explore what remains of the colonial railways.
12.00 M'T **Anthony Bourdain: Parts Unknown** Exploring Pittsburgh.
1.00 AM **Abandoned Engineering**
5.20 to 6.00 AM **David Attenborough's Natural Curiosities**

+1 hour 266 376

ID

154 166

6.00 AM **Disappeared**
7.00 Teleshopping
8.00 A Killer's Mistake
9.00 Murder Chose Me
11.00 Murder Calls
1.00 PM **Deadly Secrets**
3.00 Broken Trust
4.00 Love, Honor, Betray
5.00 A Killer's Mistake
6.00 Forbidden: Dying for Love
7.00 Where Murder Lies The death of mother-to-be Jenny Webb.
8.00 Disappeared A look into the unpredictable twists and turns of missing person cases.
9.00 Forbidden: Dying for Love A case involving a young mother who was keen to join the police force.
10.00 Seduced to Slay
11.00 On the Case with Paula Zahn
12.00 M'T **People Magazine Investigates** Double bill.
2.00 AM **Disappeared**
3.00 A Killer's Mistake
4.00 Forbidden: Dying for Love
5.00 to 6.00 AM **Where Murder Lies**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Vintage Voltage**
7.00 Wheeler Dealers
8.00 Goblin Works Garage
9.00 Head 2 Head
10.00 Fifth Gear
11.00 Salvage Hunters: Classic Cars
12.00 NOON **Shed and Buried**
1.00 PM **Extreme RVs**
2.00 Wheeler Dealers
3.00 Fantomworks
4.00 Extreme RVs
5.00 Salvage Hunters: Classic Cars
6.00 Shed and Buried
7.00 Wheeler Dealers
8.00 Extreme RVs
9.00 Million Dollar Wheels RD shows a potential buyer a $1.4 million McLaren Senna.
10.00 Bennetts British Superbikes Highlights of the seventh round of the season from Thruxton.
11.00 Wheeler Dealers
12.00 M'T **Extreme RVs**
1.00 AM **Texas Metal**
2.00 Fast N' Loud
3.00 Wheeler Dealers
4.00 to 5.00 AM **Twin Turbos**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.45 AM **The Inventor** As 4.55am.
9.30 Trolls Band Together Animation. (2023, U) ★★★
11.10 Under the Boardwalk Animation. (2023, PG) ★★★
12.40 PM **Parallel** As 3.10am.
2.20 PREMIERE **Arcadian** As 8pm.
4.10 Uproar Comedy drama. (2023, 12, 110min) ★★★
6.10 What Happens Later Romantic comedy with Meg Ryan and David Duchovny. (2023, 15, 99min) ★★★

8.00 Arcadian

8.00 PREMIERE **Arcadian** Dystopian thriller starring Nicolas Cage. A father and his two sons face off against terrifying creatures in a remote farmhouse. (2024, 15, 92min) ★★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

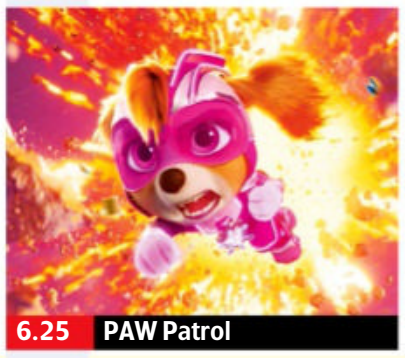
9.45 Jericho Ridge Thriller starring Nikki Amuka-Bird. Trapped and alone, a small-town cop must fight for her life when her remote office is targeted by lethal enemies. (2023, 15, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 Night Swim Horror starring Wyatt Russell and Kerry Condon. (2024, 15, 98min) ★
1.00 AM **Concrete Utopia** South Korean drama. Subtitled. (2023, 15, 130min) ★★★★
3.10 Parallel Fantasy thriller. (2024, 15, 88min) ★★★★
4.55 to 6.40 AM **The Inventor** Animated family adventure. (2023, PG, 100min) ★★★

Sky Cinema Blockbusters

303 403 503 517

6.20 AM **Happy Feet** As 4.35pm.
8.20 The Polar Express As 4.20am.
10.05 Justice League As 10.30pm.
12.10 PM **Minority Report** As 8pm.
2.40 Bridget Jones: The Edge of Reason Comedy sequel. (2004, 15, 108min) ★★★
4.35 Happy Feet Animated musical comedy adventure. (2006, U, 108min) ★★★★
6.25 PAW Patrol: The Mighty Movie Animated adventure. (2023, U, 92min) ★★★


6.25 PAW Patrol

8.00 Minority Report Steven Spielberg's sci-fi thriller starring Tom Cruise. In Washington in 2054, the authorities prevent potential murders thanks to the visions of three psychics. Then the chief of the Pre-Crime unit becomes a suspect himself. With Colin Farrell and Max von Sydow. (2002, 12, 145min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Justice League Sci-fi adventure, starring Ben Affleck, Gal Gadot, Henry Cavill and Amy Adams. (2017, 12, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Miss Congeniality** Comedy starring Sandra Bullock and Michael Caine. (2000, 12, 109min) ★★★★
2.30 Bridget Jones: The Edge of Reason As shown at 2.40pm.
4.20 to 6.05 AM **The Polar Express** Animated adventure. (2004, U, 100min) ★★★★

Sky Cinema Drama

310 410 510 524

7.20 AM **Call Jane** As 2.45am.
9.25 Georgetown As 4.50am.
11.10 Eternal Sunshine of the Spotless Mind As 8.00pm.
1.00 PM **Forrest Gump** Multi-Oscar-winning whimsical fable. (1994, 12, 136min) ★★★★
3.25 The Fabelmans As 12.10am.
5.55 Jarhead Military drama with Jake Gyllenhaal and Peter Sarsgaard. (2005, 15, 123min) ★★★★

8.00 Eternal Sunshine of the Spotless Mind Offbeat romantic comedy starring Jim Carrey and Kate Winslet. An estranged couple decide to have their memories of each other erased by a firm of mind specialists. With Kirsten Dunst, Mark Ruffalo and Elijah Wood. (2004, 15, 108min) ★★★★★
9.50 The Holiday Romantic comedy starring Cameron Diaz, Kate Winslet, Jude Law and Jack Black. (2006, 12, 135min) ★★★

12.10 AM **The Fabelmans** Steven Spielberg's drama with Michelle Williams and Gabriel LaBelle. (2022, 12, 151min) ★★★★★
2.45 Call Jane Fact-based drama. (2022, 12, 121min) ★★★★
4.50 to 6.35 AM **Georgetown** Crime drama. (2019, 15, 99min) ★★★

Sky Cinema Sci-fi

311 411 511 525

7.05 AM **Something in the Dirt**
9.15 Ready Player One Adventure. (2018, 12, 140min) ★★★★
11.50 After Earth Sci-fi adventure. (2013, 12, 98min) ★★
1.45 PM **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
3.55 The Adjustment Bureau Romantic sci-fi thriller starring Matt Damon and Emily Blunt. (2011, 12, 105min) ★★★★

5.50 Back to the Future Time-travel comedy fantasy starring Michael J Fox and Christopher Lloyd. (1985, PG, 115min) ★★★★★
8.00 Interstellar Sci-fi drama starring Matthew McConaughey, Anne Hathaway and Michael Caine. A spacecraft goes in search of a new home for the human race before a devastated Earth becomes uninhabitable. (2014, 12, 166min) ★★★★
10.55 The Harbinger Horror with Emily Davis. (2022, 15, 87min) ★★★★

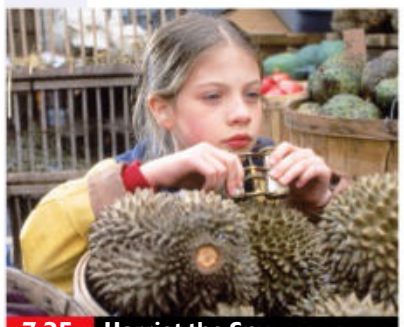
12.35 AM **Silent Running** Sci-fi drama. (1972, U, 90min) ★★★★
2.10 Something in the Dirt Comedy drama. (2022, 15) ★★★★
4.10 Continuum Sci-fi drama. (2013, 15, 89min) ★★★
5.50 to 7.45 AM **Doom** Sci-fi horror thriller. (2005, 15, 105min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.30 AM **Harriet the Spy** (1996)
9.15 **The Lord of the Rings: The Return of the King** Fantasy. (2003, 12, 201min) ★★★★★
12.45 PM **Bean** Comedy spin-off. (1997, PG, 90min) ★★★
2.20 **Scooby-Doo** Comedy. (2002, PG, 86min) ★★★
4.00 **Scooby-Doo 2: Monsters Unleashed** (2004, PG) ★★★
5.50 **Goosebumps 2: Haunted Halloween** Comedy sequel. (2018, PG, 86min) ★★


7.35 Harriet the Spy

7.35 **Harriet the Spy** Comedy adventure starring Michelle Trachtenberg as an aspiring writer whose spying activities make her an outcast. (1996, PG, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **Swallows and Amazons** Period drama starring Rafe Spall and Kelly Macdonald. Two rival bands of children compete for ownership of an island, but must work together when a bigger challenge arises. (2016, PG, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Blueback** Drama starring Mia Wasikowska and Eric Bana. (2022, PG, 102min) ★★★
1.25 AM **Reuniting the Rubins** Comedy drama with Timothy Spall. (2010, PG, 98min) ★
3.20 **Problem Child** Comedy. (1990, PG, 81min) ★
4.55 **to 6.30** AM **Hot Dog Derby** Comedy. (2013, U, 82min) ★★

Sky Cinema Action

307 407 507 521

6.35 AM **Big Game** As 10.55pm.
8.15 **Act of Valour** As 2.25am.
10.15 **Kick-Ass 2** Thriller sequel. (2013, 15, 99min) ★★★
12.10 PM **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
2.00 **The Last Witch Hunter** Fantasy. (2015, 12) ★★★
4.00 **The Fast and the Furious: Tokyo Drift** Motor racing thriller. (2006, 12, 104min) ★★
6.00 **The Bricklayer** Action thriller. (2023, 15, 110min) ★★

10.55 Big Game

8.00 **The Dark Knight Rises** Crime action drama sequel starring Christian Bale and Tom Hardy. Vigilante superhero Batman returns to Gotham City to battle an evil terrorist. With Anne Hathaway, Marion Cotillard, Gary Oldman, Joseph Gordon-Levitt, Michael Caine and Morgan Freeman. (2012, 12, 164min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Big Game** Action adventure with Samuel L Jackson, Onni Tommila and Ray Stevenson. (2014, 12, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Fast and the Furious: Tokyo Drift** As 4pm.
2.25 **Act of Valour** Adventure. (2012, 15, 109min) ★★
4.25 **to 6.00** AM **White Elephant** Action thriller starring Bruce Willis (2022, 15, 100min) ★★★

Sky Cinema Comedy

308 408 508 522

7.25 AM **Ride the Eagle** (2021)
9.10 **The Nutty Professor** (1996)
11.00 **Ali G Indahouse** Comedy. (2002, 15, 88min) ★★★
12.40 PM **Bowfinger** Comedy. (1999, 12, 97min) ★★★★
2.30 **Disaster Movie** Spoof comedy. (2008, 12, 86min) ★
4.10 **O Brother, Where Art Thou?** Offbeat period comedy. (2000, 12, 106min) ★★★★
6.10 **Bill & Ted's Bogus Journey** Fantasy. (1991, PG) ★★★★

8.00 The First Wives Club

8.00 **The First Wives Club** Comedy starring Goldie Hawn, Bette Midler and Diane Keaton as three abandoned New York wives who begin plotting their revenge on their errant ex-husbands. (1996, PG, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Hitch** Romantic comedy starring Will Smith and Eva Mendes. A smooth-talking man forges a career as a 'date doctor', but when he falls in love, he discovers his expertise counts for nothing. (2005, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Book Club: The Next Chapter** Comedy sequel. (2023, 12, 107min) ★★
1.45 AM **Ride the Eagle** Comedy drama. (2021, 15, 88min) ★★★
3.25 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★
5.10 **to 7.05** AM **Fletch** Comedy adventure. (1985, PG) ★★★

Sky Cinema Thriller

309 409 509 523

7.15 AM **False Positive** As 3.25am.
8.50 **The Independent** As 5.05am.
10.40 **Promising Young Woman** Thriller starring Carey Mulligan. (2020, 15, 113min) ★★★★
12.40 PM **Marnie** Hitchcock thriller. (1964, 15, 130min) ★★★★
2.55 **Poker Face** As 11.55pm.
4.35 **The Good Neighbour** Thriller. (2022, 15, 97min) ★★★
6.25 **Dead Shot** Thriller starring Aml Ameen and Colin Morgan. (2023, 15, 92min) ★★★

10.10 Dangerous Waters

8.00 **Ocean's Twelve** Caper thriller sequel starring George Clooney and Brad Pitt. Charismatic thief Danny Ocean and his gang find themselves competing with an enigmatic French criminal when they try to steal $160million in Europe. (2004, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Dangerous Waters** Thriller starring Odeya Rush, Eric Dane and Saffron Burrows. A sailing trip turns into a nightmare when a woman uncovers the dark past of her mother's new boyfriend. (2023, 15, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Poker Face** Crime thriller. (2022, 15, 120min) ★★★
1.35 AM **The Good Neighbour**
3.25 **False Positive** Horror. (2021, 15, 92min) ★★
5.05 **to 7.00** AM **The Independent** Drama. (2022, 12) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Gulliver's Travels** Adventure. (2010, PG) ★★★
12.40 PM **Think Like a Dog** Comedy drama. (2020, PG, 91min) ★★
2.25 **The Karate Kid: Part III** Martial arts family adventure sequel. (1989, PG, 111min) ★
4.35 **Earth Vs the Flying Saucers** Sci-fi. (1956, b/w, U) ★★★
6.15 **Close Encounters of the Third Kind** Sci-fi classic. (1977, PG, 135min) ★★★★★

11.20 Life

Close Encounters of the Third Kind (film started at 6.15pm) 8 PM
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Alien: Covenant** Sci-fi thriller starring Katherine Waterston and Michael Fassbender. A crew of colonists sent to populate an alien planet have their mission diverted by a mysterious signal. With Danny McBride. (2017, 15, 117min) ★★★ 9 PM
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Life** Sci-fi thriller starring Jake Gyllenhaal and Rebecca Ferguson. Scientists on the International Space Station fight for survival when an alien life form is brought on board. (2017, 15, 104min) ★★★★ 11 PM
1.25 **to 3.35** AM **Insidious: The Last Key** Horror starring Lin Shaye and Angus Sampson. (2018, 15, 105min) ★★★

+1 hour 314 430 47 301

Sky Cinema Adventure

302 402 502 516

6.05 AM **The Spy Next Door** (2010)
7.45 **Pan** As shown at 11.25pm.
9.40 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
11.20 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
1.00 PM **Shrek the Third** Animated comedy adventure sequel. (2007, U, 88min) ★★★★
2.40 **Now You See Me 2** Thriller sequel. (2016, 12, 124min) ★★★

4.55 **Dungeons & Dragons: Honour Among Thieves** Adventure. (2023, 12, 134min) ★★★★
7.15 **Hulk** Sci-fi fantasy starring Eric Bana and Jennifer Connelly. (2003, 12, 138min) ★★★
9.35 **RoboCop 3** Sci-fi action sequel starring Robert Burke and Nancy Allen. RoboCop helps ghetto rebels in their fight against an evil corporation. (1992, 15, 104min) ★★
11.25 **Pan** Fantasy prequel to *Peter Pan*. (2015, PG, 111min) ★★★

1.20 AM **The Spy Next Door** Action comedy. (2010, PG, 94min) ★★
3.00 **The Secret Garden** Family drama starring Colin Firth. (2020, PG, 99min) ★★★★
4.45 **to 6.45** AM **The Portable Door** Fantasy adventure starring Sam Neill. (2023, PG, 130min) ★★★

Sky Cinema Nicolas Cage

304 404 504 518

6.00 AM **Ghost Rider: Spirit of...**
7.50 **The Old Way** As 3.35am.
9.40 **The Cinema List: The 90s**
10.00 **The Weather Man** As 3.45pm.
11.50 **Lord of War** As 9.50pm.
1.55 PM **Ghost Rider: Spirit of Vengeance** Adventure sequel. (2012, 12, 91min) ★★
3.45 **The Weather Man** Comedy drama starring Nicolas Cage. (2005, 15, 102min) ★★★★

5.45 **The Cinema List: The 90s**
6.10 PREMIERE **Arcadian** Thriller starring Nicolas Cage. A father and his two sons face off against terrifying creatures in a remote farmhouse. (2024, 15, 92min) ★★★★ *See review, page 23.*
8.00 **Renfield** Comedy horror with Nicholas Hoult and Nicolas Cage. (2023, 15, 93min) ★★★★
9.50 **Lord of War** Black comedy thriller starring Nicolas Cage, Ethan Hawke and Jared Leto. (2005, 15, 122min) ★★★★

11.55 PREMIERE **Arcadian** As 6.10pm.
1.45 AM **Army of One** Comedy. (2016, 15, 92min) ★★
3.35 **The Old Way** Western. (2023, 15, 95min) ★★
5.25 **to 7.30** AM **Birdy** Psychological drama starring Nicolas Cage. (1984, 15, 120min) ★★★★

Sky Cinema Animation

305 412 500 514

6.10 AM **Maya the Bee** As 12.25am.
7.45 **Vic the Viking** As 2.00am.
9.15 **Dragon Rider** Animation. (2020, PG, 91min) ★★★
10.55 **Mr Peabody & Sherman** Animated family comedy. (2014, U, 97min) ★★★★
12.35 PM **Happy Feet** Animation. (2006, U, 108min) ★★★★
2.30 **Over the Hedge** Animation. (2006, U, 83min) ★★★★

4.00 **The Lego Batman Movie** Animated family comedy. (2017, U, 104min) ★★★★
5.50 **10 Lives** Animated comedy. (2024, U, 98min) ★★★
7.25 **Happy Feet Two** Animation. (2011, U, 100min) ★★★
9.10 **Moomins and the Winter Wonderland** Animation. (2017, U, 82min) ★★★
10.40 **Boonie Bears: Back to Earth** Animation. (2022, PG) ★★
12.25 AM **Maya the Bee** Animated adventure. (2014, U, 86min) ★★

2.00 **Vic the Viking** Animation. (2019, U, 77min) ★★
3.30 **The Inseparables** Animation. (2023, U, 90min) ★★★
5.05 **to 6.30** AM **The Snow Queen 2: Magic of the Ice Mirror** Animated fantasy sequel. (2014, U, 77min) ★★★

Movies 24

312 419

7.00 AM **Heart of the Matter** Drama. (2022, PG, 85min) ★★
9.00 **Just One Kiss** Romantic comedy. (2022, PG, 85min) ★★
11.00 **Cut, Color, Murder** Mystery. (2022, PG, 84min) ★★
1.00 PM **The Love Issue** Romantic drama. (2023, PG, 85min) ★★
3.00 **Our Take on Love** Romantic drama starring Lesa Wilson. (2022, PG, 87min) ★★

5.00 **At Home in Mitford** Drama starring Andie MacDowell. (2017, PG, 84min) ★★
7.00 **Love Afloat** Romance starring Travis Bravo-Thomas and Alanna Smith. (2022, PG, 90min) ★★
9.00 **Love's Secret Ingredient** Romantic comedy starring Brianna Cohen and Chris Connell. A celebrity chef and an organic market owner see an opportunity to help each other professionally and personally. (2023, PG, 91min) ★★

11.00 **Heart of the Manor** Romantic comedy. (2021, PG, 85min) ★★
1.00 AM **An American In Austen** Comedy. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Paging Mr Darcy** Drama. (2024, PG, 84min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Scott of the Antarctic** Adventure starring John Mills. (1948, U, 111min) ★★★
8.10 **Meet John Doe** Comedy drama. (1941, U, 123min) ★★★★
10.40 **Next to No Time!** Comedy. (1958, U, 93min) ★★
12.30 PM **The Four Just Men** (S1)
1.05 **Nearest and Dearest** Comedy spin-off from the 1960s ITV sitcom. (1972, 12, 84min) ★★

2.50 **Look at Life**
3.05 **The Small Back Room** War drama starring David Farrar. (1948, b/w, PG, 106min) ★★★★
5.15 **Look at Life**
5.30 **The Angry Silence** Drama. (1959, b/w, PG, 95min) ★★★
7.30 **Never Look Back** Mystery. (1952, b/w, PG, 73min) ★★★
9.00 **Cellar Club with Caroline Munro**
9.10 **Hammer House of Mystery and Suspense** *In Possession:* 6/13. A couple become trapped in a replay of a sinister event. (S1)

10.40 **Cellar Club with Caroline Munro**
10.45 **Jack the Ripper** 1&2/2. Victorian thriller starring Michael Caine and Jane Seymour.
2.45 AM **Human Desire** Melodrama. (1954, b/w, 12, 91min) ★★★
4.35 **Stadium Thrills** Short films.
5.00 **to 6.00** AM **Bonanza**

Friday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **Total Football**
12.00 NOON **LIVE DP World Tour Golf** Coverage of day two of the D+D Real Czech Masters from PGA National OAKS Prague.
5.00 PM **The Transfer Show**
5.30 **Sky Sports News**
6.00 **Sky Sports News at 6**
6.30 **LIVE FNF Manchester United v Fulham.** Coverage of the opening match of the Premier League season, held at Old Trafford. There was late drama in last season's corresponding fixture, with Harry Maguire's 89th-minute strike looking to have given United a point after Calvin Bassey had opened the scoring for the Cottagers, but Alex Iwobi's injury-time effort gave Fulham victory. Kick-off **8.00pm**. *See feature, page 28.*
11.00 **LIVE WTA & ATP Tennis** Coverage of day four of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Centre in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
8.00 **Premier League Years** A look back at the 2023/34 season.
10.00 **Total Football** The definitive take from the managers and players themselves.
5.00 PM **Premier League Stories**
5.30 **The Big Interview** Featuring a Premier League star of the past or present.
6.00 **Premier League Preview** A look ahead to the weekend of matches in the top flight.
6.30 **LIVE FNF Manchester United v Fulham.** The opening match of the Premier League season from Old Trafford. Kick-off **8.00pm**. *See feature, page 28.*
11.00 **Gaffer**
12.15 AM **FNF** Action from Manchester United v Fulham at Old Trafford.
12.45 **The Big Interview**
1.15 **Premier League Stories**
1.45 **FNF** Manchester United v Fulham.
2.15 **The Big Interview**
2.45 **PL Greatest Games** Arsenal v Wimbledon from 1997.
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Cup Retro** Liverpool v Cardiff City in the 2012 final.
8.45 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **Best Goals: EFL Cup 2022/23**
11.30 **EFL Trophy Football**
12.00 NOON **Bundesliga Clubs**
1.30 PM **Scottish Premiership Round-Up** The opening round.
1.45 **SPFL Highlights**
2.00 **EFL Cup Highlights**
3.00 **Bundesliga Clubs**
4.30 **EFL Cup Highlights**
5.30 **Scottish Premiership Round-Up** The opening round.
5.45 **SPFL Highlights**
6.00 **EFL Highlights**
6.30 **Bundesliga Weekly**
7.00 **EFL Highlights**
7.30 **LIVE EFL Coventry City v Oxford United.** Coverage of the Championship encounter from Coventry Building Society Arena. Kick-off **8.00pm**.
10.30 **EFL Cup Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.00 AM **EFL Rivalries**
2.30 **EFL Greatest Games**
4.00 **EFL Cup Final 17**
5.00 **to 6.00** AM **EFL**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **The Hundred** Action from Birmingham Phoenix Women v Manchester Originals Women. **9.30** Birmingham Phoenix Men v Manchester Originals Men.
1.00 PM **The Hundred Bitesize** The men's and women's Trent Rockets v Oval Invincibles. **1.30** The men's and women's Southern Brave v Welsh Fire. **2.00** Brief highlights of the men's and women's Birmingham Phoenix v Manchester Originals.
2.30 **The Hundred** Southern Brave Women v Northern Superchargers Women. **6.15** Oval Invincibles Men v Manchester Originals Men.
10.15 **The Hundred Bitesize** Southern Brave Women v Northern Superchargers Women. **10.30** Oval Invincibles Men v Manchester Originals Men in the 2023 final from Lord's, London.
10.45 **The Hundred** Manchester Originals Women v Trent Rockets Women at Emirates Old Trafford. **2.15** AM Manchester Originals Men v Trent Rockets Men.
5.45 **to 6.00** AM **The Hundred Bitesize** The men's 2023 final.

Sky Sports Golf

405 515 505 423 443

6.00 AM **PGA Tour Golf**
7.00 **PGA Tour Golf**
11.00 **European Challenge Tour Golf**
11.30 **PGA Tour Champions Learning Centre** Instruction tips.
12.00 NOON **LIVE DP World Tour Golf** Coverage of day two of the D+D Real Czech Masters from PGA National OAKS Prague.
5.00 PM **LIVE PGA Tour Golf** Day two of the FedEx St Jude Championship at TPC Southwind in Memphis, Tennessee.
11.00 **Suzann Pettersen: Her Final Putt** A profile.
11.45 **Solheim Cup Team Talk 2023**
12.00 M'T **European Challenge Tour Golf** The Scottish Challenge.
12.30 AM **One Shot Away**
1.00 **Nick Dougherty's Tee Time Tips**
2.00 **PGA Tour Golf**
3.00 **PGA Champs Official Film 2013**
4.00 **PGA Tour Golf**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **Tennis** Action from the WTA Canadian Open in Toronto.
8.00 **Tennis** Action from day three of the Cincinnati Open in Ohio.
4.00 PM **LIVE WTA & ATP Tennis** Coverage of the fourth day's play in the Cincinnati Open, a hard-court tournament that takes place at Lindner Family Tennis Centre in Mason, Ohio.
4.00 AM **US Open Classic Matches**
4.45 **Billie Jean King: My Story**
5.00 **to 6.00** AM **Tennis**

TNT Sports 1

410 870 527 408 430

6.00 AM **TNT Sports Reload**
6.30 **Ariel Helwani Meets**
7.00 **WWE Raw Highlights**
8.00 **Test Cricket Highlights**
9.00 **Premier League Preview**
10.00 **Premier League: Big Interview**
10.30 **LIVE AFL Essendon v Sydney Swans.** Coverage of the match from the 23rd round of fixtures at Marvel Stadium in Melbourne. Bounce-up **10.40am**.
1.30 PM **Test Cricket Highlights**
2.30 **LIVE Test Cricket West Indies v South Africa.** Coverage of day two of the second Test in the two-match series from Guyana National Stadium in Providence.
11.00 **Fishing: On the Bank**
12.00 M'T **WWE SmackDown Highlights** Wrestling action.
1.00 AM **LIVE WWE Friday Night SmackDown** Wrestling action.
3.00 **What Went Down**
3.30 **Premier League Preview**
4.00 **Premier League Legends**
4.30 **to 7.30** AM **LIVE AFL Gold Coast Suns v Melbourne.** Coverage from the 23rd round of fixtures at People First Stadium in Queensland. Bounce-up **4.45am**.

TNT Sports 2

411 871 528 409 431

6.00 AM **MotoE Highlights**
7.00 **MotoGP Highlights**
8.00 **LIVE MotoGP** The Grand Prix of Austria free practice session.
10.45 **MotoGP Rewind**
12.15 PM **LIVE MotoGP** The Grand Prix of Austria first practice.
3.15 **MLB: Off the Bat**
3.45 **LIVE MotoE** The Grand Prix of Austria qualifying session.
4.45 **Sign Up – Into Football**
5.00 **The Fantasy Show**
5.30 **Premier League Preview**
6.00 **The Fantasy Show**
6.30 **Premier League: Big Interview**
7.00 **LIVE MLB Cincinnati Reds v Kansas City Royals.** Coverage from Great American Ball Park.
10.15 **MLB: Off the Bat**
10.45 **TNT Sports Reload**
11.00 **World Rallycross Championship Highlights**
12.00 M'T **MLB Highlights**
1.00 AM **LIVE MLB Milwaukee Brewers v Cleveland Guardians.** Start-time **1.10am**.
4.15 **TNT Sports Reload**
4.30 **to 7.30** AM **LIVE AFL GWS Giants v Fremantle.** At ENGIE Stadium. Bounce-up **4.45am**.

TNT Sports 3

417 874 529 410 432

6.00 AM **WSL Challenger Tour**
7.00 **UEFA Super Cup** Action from Real Madrid v Atalanta.
8.30 **Fishing: On the Bank**
9.30 **West Indies v England – Cricket Classics**
10.00 **Test Cricket Highlights** West Indies v South Africa.
11.00 **UEFA Champions League Goals Reload**
1.01 PM **WWE Monday Night Raw**
3.30 **In My Blood** A love for Arsenal.
4.00 **Premier League Review** A look back at the best goals of the 2023/24 Premier League season.
5.00 **Fishing: On the Bank** A look at the 2016 European Float Fishing Championships.
6.00 **MLB Highlights**
7.00 **AFL** Essendon v Sydney Swans.
9.00 **UFC Countdown** A look ahead to the upcoming UFC 305 action at RAC Arena in Perth, Australia.
10.00 **Tom Aspinall's Fight Lab** A preview of UFC 305 in Perth.
10.45 **UFC: The Ultimate Fighter**
11.45 **UFC Reloaded**
2.15 AM **UFC Countdown**
3.15 **Tom Aspinall's Fight Lab**
4.00 **UFC: The Ultimate Fighter**
5.00 **to 6.00** AM **The Football's On**

Sky Sports Action

408 517 507 426 446

6.00 AM **NFL Highlights**
8.00 **Super League Gold**
8.05 **LIVE NPC Rugby Otago v Auckland.** Kick-off **8.05am**.
10.05 **My Icon** Leon Pryce.
10.15 **Super League Highlights**
10.45 **NFL Highlights**
12.40 PM **Super League Highlights**
1.55 **LIVE Currie Cup Rugby Union Pumas v Bulls.** Coverage from Mbombela Stadium.
4.00 **Super Bowl LVIII Highlights**
5.00 **NFL Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **Fight Night International**
9.00 **NFL Highlights**
10.00 **NFL Hard Knocks: Bears**
11.00 **NFL Highlights**
12.00 M'T **The Insiders**
1.00 AM **NFL Bitesize Highlights**
2.00 **LIVE NRLW Brisbane Broncos v Canberra Raiders.** Coverage from Totally Workwear Stadium. Kick-off **2.00am**.
3.45 **LIVE NRLW North Queensland Cowboys v Gold Coast Titans.** Coverage from Queensland Country Bank Stadium. Kick-off **3.45am**.
5.45 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 873 510 429 449

6.00 AM **PGA Tour Golf**
7.05 **NFL Highlights**
10.05 **My Icon** Leon McKenzie.
10.20 **Super League Highlights**
11.35 **Formula 1** Austrian Grand Prix.
12.30 PM **Super League Highlights**
1.00 **Good Morning Football**
3.00 **LIVE Ladies European Tour Golf** Coverage of day two of the Women's Scottish Open at Dundonald Links in Ayrshire.
7.00 **NFL Highlights**
9.00 **Tennis** Action from the WTA Canadian Open in Toronto.
10.00 **Spirit of Yachting** The Rolex TP52 World Championship.
10.30 **One Championship Weekly**
11.00 **Suzann Pettersen: Her Final Putt** A profile.
11.45 **NFL Bitesize Highlights**
12.15 AM **Super Bowl LVIII Bitesize**
12.30 **NFL Bitesize Highlights**
1.00 **Spirit of Yachting**
1.30 **Nick Dougherty's Tee Time Tips**
2.00 **PGA Tour Golf**
3.00 **PGA Champs Official Film 2013** A look back at the Major.
4.00 **to 6.00** AM **Tennis**

TNT Sports 4

421 876 530 411 434

6.00 AM **MLB Highlights**
7.00 **MLB Plays of the Week**
7.30 **MLB: Off the Bat**
8.00 **MLB Classic**
10.00 **MLB Highlights**
11.00 **MLB Classic**
12.00 NOON **MLB Plays of the Week**
12.30 PM **MLB: Off the Bat**
1.00 **MLB Highlights**
2.00 **Ultimate Pool**
3.30 **UEFA Super Cup**
5.00 **TNT Sports Reload**
5.30 **WSL Challenger Tour**
6.30 **Brothers in Football**
8.15 **UEFA Super Cup** Action from Real Madrid v Atalanta.
9.45 **What I Wore** With Real Madrid legend Michel Salgado.
10.00 **Ultimate Pool** Group nine of the Ultimate Pool Pairs Cup.
11.30 **WSL Challenger Tour**
12.30 AM **Premier League Preview**
1.00 **The Grudge**
2.30 **AFL** Essendon v Sydney Swans.
4.30 **to 6.00** AM **Ultimate Pool**

Eurosport 1

413 868 521 412 435

6.30 AM **Cycling**
7.00 **Olympic Games Paris 2024: Best of Team GB**
9.00 **Cycling: Tour of Denmark**
10.00 **Cycling: Tour de France Femmes** Action from stage five.
11.30 **Cycling: Arctic Race of Norway**
12.30 PM **LIVE Cycling: Tour de France Femmes** Stage six.
3.30 **LIVE Cycling: Tour of Denmark** Stage three.
4.45 **Cycling: Paris-Roubaix**
5.00 **Olympic Games Paris 2024: Best of Team GB**
7.00 **Cycling: Tour of Denmark**
8.00 **Cycling: Tour de France Femmes** Action from stage six.
9.30 **Olympic Games Paris 2024: Best of Team GB**
11.30 **Cycling: Tour de France Femmes** Action from stage six.
1.00 AM **Cycling: Tour of Denmark**
2.00 **Cycling**
3.30 **Motocross World Championship**
5.30 **to 6.30** AM **Cycling**

Eurosport 2

414 869 522 413 436

6.30 AM **Speedway Grand Prix**
7.30 **Cycling: Tour de France Femmes** Stage five.
9.00 **Ultra Trail: World Tour**
10.00 **World Superbikes**
12.00 NOON **Olympic Games Paris 2024: Best of Team GB**
2.00 PM **Australian Superbikes**
3.00 **Porsche Supercup**
4.00 **Speedway Grand Prix**
6.00 **Discovery Golf**
7.00 **Olympic Games Paris 2024: Best of Team GB**
9.00 **Powerboat Racing World Championship** A look back at the season so far.
10.00 **Cycling: Tour de France Femmes** Action from stage six.
11.30 **Sailing: Spirit of Yachting**
12.00 M'T **Speedway Grand Prix**
2.00 AM **Olympic Games Paris 2024: Best of Team GB**
4.00 **Cycling: Tour de France Femmes** Action from stage six.
5.30 **to 6.30** AM **Porsche Supercup**

Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **Total Football** The definitive take from the managers and players themselves.
12.00 NOON **Transfer Talk** The Sky Sports team break down all the latest talking points.
1.00 PM **LIVE PGA Tour Golf** The early stages of the second round of the FedEx St Jude Championship at TPC Southwind in Memphis, Tennessee.
3.00 **LIVE Ladies European Tour Golf** The second round of the Women's Scottish Open held at Dundonald Links in Ayrshire.
7.00 **LIVE WTA & ATP Tennis** Coverage of of the fourth day's play in the Cincinnati Open, a hard-court tournament that takes place at Lindner Family Tennis Centre in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
11.00 **Race to Perfection: Imola 1994**
11.25 **F1 Explained: Marshalls**
11.30 **Formula 1** Highlights from the Austrian Grand Prix sprint race. **12.30** PM Qualifying session.
2.30 **Ted's Notebook**
3.00 **Formula 1** Austrian Grand Prix.
7.30 **Leclerc's Monaco Delight**
7.40 **F1 Explained: Upgrades**
7.45 **Formula 1** Austrian Grand Prix.
11.00 **LIVE Indycar** The Bommarito Automotive Group 500 first practice session in Illinois.
12.15 AM **Formula 1** Season highlights.
12.30 **Remembering Ratzenberger**
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

Disney+ Star Wars: Young Jedi Adventures

Wednesday, Disney+

An exciting second season of the animation set during the High Republic era – some 200 years before the events of *The Phantom Menace*.

Under the watchful eye of Jedi master Yoda, younglings trio Lys Solay, Kai Brightstar and Nubs must explore new worlds, confront new dangers and embrace plenty of fresh challenges in order to learn the skills needed to become fully-fedged Jedi Knights.

Never fear, young pilot Nash Durango will be accompanying them along the way too...

sky cinema The Inventor

Sunday, 6.30am & 2.45pm, Sky Premiere

A delightful stop-motion animation telling the story of Leonardo Da Vinci – the Renaissance-era artist engineer, scientist and all-round brainbox.

In the Rome of 1516, Da Vinci (voiced by Stephen Fry) is busy using an early telescope to examine the Moon while also trying to understand the meaning of life – with the help of a French princess (Daisy Ridley).

However, the Pope is not too happy to learn of Da Vinci scientific endeavours...

More great shows to watch this week...

Tales of the Teenage Mutant Ninja Turtles

Saturday, Paramount+ **NEW**

Following on from the 2023 *Mutant Mayhem* film, the pizza-loving turtle brothers become separated while facing an evil villain.

Blue Peter

Friday, 5pm, CBBC

The team continue their tour of BP badge attractions at Alnwick Garden in Northumberland, which is home to both the world's deadliest garden and Lilidorei – which is the biggest play structure in the entire world!

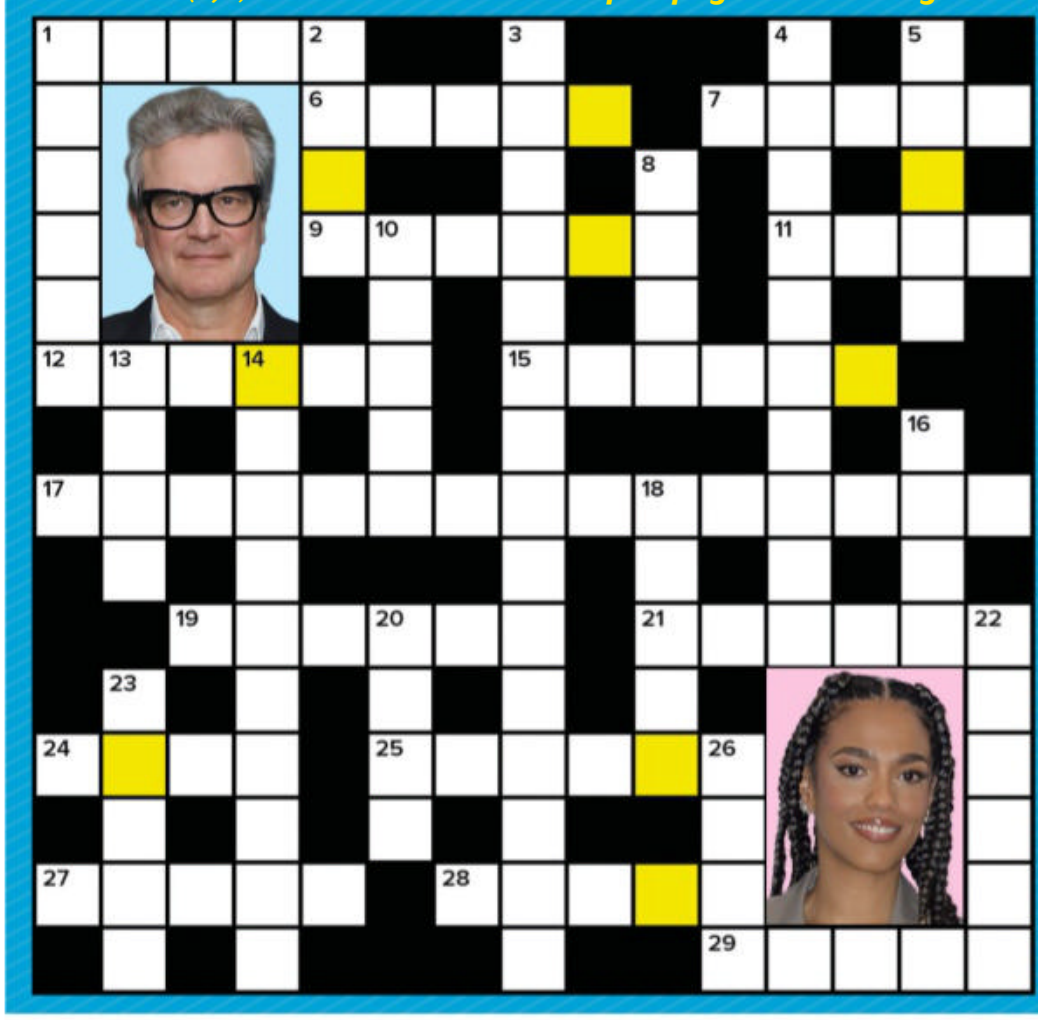
Ninjago: Dragons Rising

Daily, Boomerang

This new series of adventures continues this week – beginning with the new Ninjas following clues to the Temple of Dragon Cores.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and rearrange the shaded squares so the letters spell out the name of an American actor (4,5). Answers at the bottom of the page – no cheating!



ACROSS

1 Feminist icon and writer, Germaine ----- (5)
6 Superhero TV series in which Stephen Amell played Oliver Queen (5)
7 Jar Jar -----, divisive Star Wars character (5)
9 See picture clue: ------ Agyeman, Dr Sharpe in *New Amsterdam* (6)
11 ---- *101*, US series with Jamie Lynn Spears (4)
12 *In Sickness and in* ------, BBC sitcom (6)
15 The name of a 1980 hit song and album by rock band Motörhead, *Ace of* ------ (6)
17 Clips show narrated by Harry Hill (5,4,6)
19 1980 musical starring Olivia Newton-John (6)
21 Comedian, Rita ------ (6)
24 Recurring character in *The Simpsons* who is infatuated with Marge, Artie ---- (4)
25 Oscar-winning film with Sir Ben Kingsley (6)
27 American illusionist, ----- Blaine (5)
28 ----- Rani, British radio and TV presenter (5)
29 English singer of electronic pop hits *Cars* and *Are 'Friends' Electric?*, Gary ----- (5)

DOWN

1 ------ Malone, English choirmaster (6)
2 *Death in Paradise* actor, ---- Little (4)
3 Weatherfield's popular public house (6,6,3)
4 Played Selyse Baratheon in fantasy epic *Game of Thrones*, Tara ---------- (10)
5 *Window In the* -----, 2007 song by U2 (5)
8 *Strictly Come Dancing* 2010 winner, ---- Tointon (4)
10 Amy Winehouse hit (5)
13 Character from hit 1984 movie *Ghostbusters*, ---- Spengler (4)
14 1985 Bryan Adams song, *One Night* ---- ------ (4,6)
16 The Beatles hit from 1969, ---- *Comes the Sun* (4)
18 See picture clue: Star of 2011 movie *The King's Speech*, Colin ----- (5)
20 Fun-loving pug in the Rupert Bear stories (4)
22 Amanda ------, star of BBC1 series *New Tricks* (6)
23 Singer of 2012 hit song *Starships*, Nicki ----- (5)
26 *The One and Only* ----, 2020 film featuring the voice of Angelina Jolie (4)

WORDS: JAMES AVANN. PHOTOS: SHUTTERSTOCK, DISNEY, 2023 CURIOSITY STUDIO LIMITED, © 200X, THE LEGO GROUP. ALL RIGHTS RESERVED.

CROSSWORD SOLUTION

ANSWER: Will Smith **ACROSS:** 1 Greer 6 Arrow 7Binks 9 Freema 11 Zoey 12 Health 15 Spades 17 You've Been Framed! 19 Xanadu 21 Rudner 24 Ziff 25 Gandhi 27 David 28 Anita 29 Numan **DOWN:** 1 Gareth 2 Ralf 3 Rovers Return Inn 4 Fitzgerald 5 Skies 8 Kara 10 Rehab 13 Egon 14 Love Affair 16 Here 18 Firth 20 Alby 22 Redman 23 Minaj 26 Ivan

Coming soon

Senna

Gabriel Leone stars in a biopic about the Formula One legend

FIRST LOOK

Gabriel Leone as Ayrton Senna

Here's an early look at Netflix's upcoming drama *Senna*, which explores the extraordinary life of Formula One icon Ayrton Senna.

The six-part series, which is available from 29 November and sees Gabriel Leone in the lead role, centres on the Brazilian driver's incredible racing career, beginning with his move to England to compete in Formula Ford in the 1980s.

It showcases his will to succeed as he underwent countless highs and lows and eventually won the F1 championship three times before his untimely death in an accident during the San Marino Grand Prix in 1994.

Along the way, the drama, which has been created with the backing of Senna's family, follows his relationships with his first wife Lílian de Vasconcelos Souza (Alice Wegmann) and TV stars Xuxa (Pâmela Tomé) and Adriane Galisteu (Julia Foti), as well as with his friend, Brazilian broadcaster Galvão Bueno (Gabriel Louchard).

TRACK STARS

The series also examines Senna's interactions with his fellow drivers. Matt Mella plays Alain Prost, Hugo Bonemer is Nelson Piquet, Johannes Heinrichs is Niki Lauda and Leon Ockenden is James Hunt.

The series explores Senna's life and career

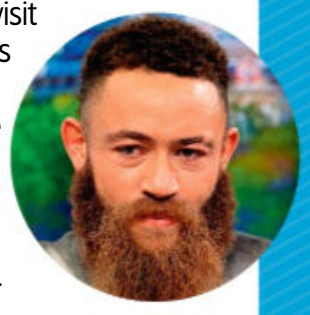
Meanwhile, Patrick Kennedy portrays McLaren team principal Ron Dennis, Steven Mackintosh is Williams F1 team founder Frank Williams, Richard Clothier is Lotus F1 manager Peter Warr and Tom Mannion is Sid Watkins, head of the F1 medical team. Kaya Scodelario co-stars as fictional journalist Laura.

'We have loads of racing scenes from his early years,' says Leone. 'Senna's the biggest idol from Brazil, not only from sport.'

WHAT'S NEXT FOR...

Ashley Cain

BBC3's six-part series **Ashley Cain: Into the Danger Zone** will see the former footballer visit some of the world's most challenging cities to look at the difficulties faced by young men and the choices they have to make.



Natalie Cassidy

In More4's four-part series **What's the Big Deal?**, the *EastEnders* star will speak to experts and enlist the help of six households to test whether a range of products from ice baths to teeth whiteners are worth buying.

Pete Wicks

The reality star will host U&W's four-part series **Pete Wicks: For Dogs' Sake**, in which he will team up with the Dogs Trust charity to shadow their vital work helping to rescue and rehabilitate needy pooches.

Coming Back

In the return of BBC2's **Lucy Worsley Investigates**, the TV presenter uncovers fresh evidence concerning more key moments from Britain's past, including the Gunpowder Plot. 'I just can't wait to get investigating again!' enthuses historian Worsley.

Next week *On sale Tuesday 13 August*

Match of the Day

Gary Lineker hosts the BBC1 football-highlights show as it celebrates its 60th anniversary.

The Answer Run

Jason Manford hosts BBC1's quiz, in which contestants must make quick-fire decisions.

Nice Girls

Netflix's French action comedy follows mismatched cops investigating a deadly threat.

Dame Judi & Jay: The Odd Couple

On C4, Dame Judi Dench and Jay Blades revisit their pasts.

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